



CLASS OF 2030

APPOINTEE HANDBOOK



APPOINTEE INSTRUCTIONS:

Read thoroughly and follow all instructions.

Missing or incomplete information may result in delays on In-Processing Day and/or non-entry into the Academy.

usafa.edu



**DEPARTMENT OF THE AIR FORCE
COMMANDANT OF CADETS
USAF ACADEMY COLORADO**

1 March 2026

Dear Appointee,

Congratulations on your appointment to the United States Air Force Academy (USAFA) Class of 2030. Your selection reflects demonstrated potential to meet the high standards required of future officers in the United States Air Force and United States Space Force. We look forward to welcoming you to the Academy on In-Processing Day, 24 June 2026.

The appointment kit available through the Admissions Portal outlines USAFA's demanding and integrated program of military training and education, academics, athletics, airmanship, and character development. This experience is intentionally rigorous. It is designed to develop disciplined, resilient warfighters and leaders of character prepared to serve the Nation in complex and contested environments.

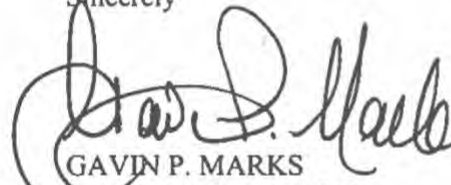
Your journey begins with Basic Cadet Training (BCT). BCT is a deliberate introduction to the profession of arms and will challenge you physically, mentally, and emotionally. It is demanding by design. You will be expected to perform under pressure, adhere to standards, and execute tasks as part of a team while developing the habits and mindset required of a commissioned officer. You were selected because we are confident you possess the capacity to meet these expectations.

Success at USAFA is not achieved individually. BCT and the Academy experience require personal accountability in service of collective mission accomplishment. You will rely on your classmates, cadet cadre, and the faculty and staff that are committed to your development and enforcing the standards essential to good order, discipline, and trust. When challenges arise—and they will—you are expected to demonstrate resolve, adaptability, and perseverance consistent with the profession you are entering.

My final request is to arrive to USAFA motivated, prepared, and ready to apply yourself to the challenges ahead. Selection to the Academy carries both opportunity and obligation. Those who succeed are those who embrace discipline, accept feedback, and commit themselves fully to continuous improvement. The standards are high, and they are non-negotiable. The experience, however, is commensurate with the responsibility entrusted to you.

Again, congratulations on your appointment to the United States Air Force Academy. We look forward to your arrival and to supporting your development as you begin your journey toward earning a commission and joining the proud lineage of the Long Blue Line.

Sincerely



GAVIN P. MARKS
Brigadier General, USAF
31st Commandant of Cadets

WORLD-CLASS IS OUR STANDARD!

2030 APPOINTEE INFORMATION

Accepting Your Appointment

Welcome to the Class of 2030! Choosing to attend the United States Air Force Academy (USAFA) means that you will begin an incredible and transformative journey toward joining our Long Blue Line of graduates and becoming a leader of character.

Choosing to attend our Academy means that you are ready to commit yourself to our high standards. It signifies a commitment to live by our core values—Integrity First, Service Before Self, and Excellence in All We Do. The Space Force core values are Character, Connection, Commitment, and Courage. It means that you will adhere, without question, to our cadet honor code: we will not lie, steal, or cheat, nor tolerate anyone among us who does. And it means that right now, you are committing yourself to a culture of dignity and respect.

Please continue reading through this packet and pay special attention to what you need to complete prior to arriving at the Academy, as well as the checklists. Completing these items will ensure there is no delay of entry into the Academy.

Declining Your Appointment

If you decide not to attend the Academy, please complete the appropriate form on your admissions portal as soon as possible.

To decline your appointment after acceptance, email your admissions counseling team and copy our organizational email box at USAFA_RRS.ORGMAIL@afacademy.af.edu. Please allow us time to offer your appointment to another candidate. Refer to your portal for your team's direct contact information. We wish you luck in your future endeavors.

Appointee Tours

In April, appointee events will be offered for you and your family to gain an understanding of the Academy environment and the cadet experience. These events include information on cadet life, how to prepare for and what to expect during Basic Cadet Training, and what to expect after you accept your appointment. You will receive an invitation to these events once the dates are finalized. If the appointee event offerings don't fit into your schedule, please consider attending one of our campus virtual tours. Although campus tours also include admissions application information, there are many opportunities to ask questions of a cadet or recent graduate and to see the campus. You can find more information on tours on the admissions website at <https://www.academyadmissions.com/visit-us/plan-visit/>.

Questions: Admissions USAFA/RR
2304 Cadet Dr., Suite 2300
U.S. Air Force Academy, CO 80840
Telephone: (719) 333-2233
Email: USAFA.Admissions.Programs@afacademy.af.edu

Military Commitment

When you arrive at the Academy, you will take the oath of office and sign an agreement that you will complete the course of instruction at the Academy and serve a minimum of five years on active duty, as a commissioned officer in the U.S. Air Force or U.S. Space Force following graduation.

Once on active duty you may incur an additional active-duty service commitment beyond the minimum five-year requirement stated above. For example, there currently is a 10-year active-duty service commitment for officers who complete Undergraduate Pilot Training. Additionally, graduates completing other training programs such as Combat Systems Officer, Air Battle Manager, Remotely Piloted Aircraft, Combat Rescue Officer, Special Tactics Officer, or Air Liaison Officer Training will also incur additional commitment upon training completion.

If you are authorized to resign from military service before the eighth anniversary of your graduation, and you do not have additional service commitment time due to being in one of the rated career fields mentioned above, you must serve as an officer in the Reserve component until that eighth anniversary.

If you are disenrolled prior to graduation, you may be required, at the option of the Secretary of the Air Force, to either serve on active duty or reimburse the United States government for the entire cost of your Academy education. Freshmen and sophomore cadets are ordinarily relieved from all military duty, active or reserve, and reimbursement costs. The active-duty service commitment will vary according to the number of years you have attended the Academy. If you are ordered to reimburse the cost of your education, you incur a liability for each year of instruction. If you fail to complete your required period of active-duty service, you will also incur a liability to reimburse the United States for an appropriate portion of the cost of your Academy education.



The Oath

"The oath you are about to take is your North Star."
General Mark Milley, former chairman of the Joint Chiefs of Staff

On In-Processing Day, you will take an oath to support and defend the Constitution of the United States for the first time. No matter what, it is a weighty responsibility that merits sincere reflection before making a life-long commitment to the profession of arms. The purpose of this section is to introduce or reintroduce the oath and the principles to which Americans who have sworn the oath have committed to protect and defend.

This oath has its roots in the oath of the Continental Army as far back as 1775. Loyalty oaths were part of early American political culture, and soldiers who enlisted were required to take one. This practice continued once the United States earned its independence. The founder's thought oaths were so important that they included in the Constitution the requirement for the president, members of Congress, and all office holders within state legislative, executive, and judicial branches of government to take oaths.

The Text of the Oath

The first act of Congress in 1789 specified the text to be used which is almost unchanged to this day. These are the words you will say in the oath that you will take in Basic Cadet Training:

I (name) do solemnly swear (or affirm)

That I will support and defend the Constitution of the United States against all enemies, foreign and domestic

That I will bear true faith and allegiance to the same

That I take this obligation freely, without any mental reservation or purpose of evasion and that I will well and faithfully discharge the duties of the office upon which I am about to enter (Optional) So help me, God.

To support and defend the Constitution of the United States means members of the military have pledged to defend the Republic — its people, its ideals, its territory — and thereby protect the democratic institutions and processes laid out in the Constitution. When you take the oath, you also commit to defending the individual freedoms of your fellow citizens enshrined in the Constitution and the Bill of Rights. Make no mistake - it is a solemn commitment. Many who have sworn it before you have given their lives in defense of the United States, and all who take it must willingly accept some constraints on their individual liberties to best defend our ideals and earn the trust of those we defend.

Service to a democratic republic requires the development of a unique professional ethos.

When you take the oath, you become a member of the military profession. In BCT you will begin to develop professional ethos essential to fulfilling the obligations implied in your oath. Adherence to the norms that civilian leaders control the military, and that the military institution remains apolitical, are bedrock principles of your professional ethos.

The oath to uphold the Constitution is a life-long commitment.

When your active-duty service is complete, as a veteran or retiree, you will remain a member of the military profession for life. Maintaining the level of trust and support of the American people essential to the nation's defense will depend on your continued commitment to your oath, your professional ethos, and maintaining our constitutional democracy. Taking this oath is a weighty privilege!

Your commitment to the nation begins with Basic Cadet Training.

This summer you will participate in several sessions where you will discuss with your cadre and classmates the meaning of the oath. Over the next four years you will find that the oath and your obligations to it become an increasingly important theme in the development of your professional ethos. Your BCT cadre, the Cadet Wing, and the faculty and staff of the Academy are ready to walk this journey with you.

As a member of the Class of 2030, you will take your cadet oath of office to support and defend the Constitution and the United States for the first time on the first day of BCT. Over the next four years you will come to understand the gravity of the responsibilities of a commissioned officer that swearing the oath embodies.





Uniform Code of Military Justice

Upon arriving at the Academy and taking the oath, you will be considered on active duty and therefore subject to the Uniform Code of Military Justice or UCMJ. You will be briefed on the UCMJ in more detail when you arrive, but in short, this means that you will be subject to military law and the military discipline systems. The UCMJ applies to you 24/7 whether you are in or out of uniform and regardless of whether you are at home or at the Academy.

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Important Numbers for Status Changes and Emergencies

Please refer all phone calls to the appropriate office.

(Print this page and carry it with you to have emergency contact information.)

Admissions Office https://www.academyadmissions.com	(800) 443-9266 (719) 333-3801 (719) 333-3802
DoDMERB (report any changes in medical status) dha.ncr.dod-merb.mbx.helpdesk@health.mil	(719) 333-3562
In-Processing Director/CO Springs Regional Command Post (I-Day or the night before ONLY)	(719) 333-2633
Cadet Wing Operations Center (Emergencies Only) (In-Processing Day or the night before ONLY)	(719) 333-2910
Academic Computing Services (Computers, Software, & Printers)	(719) 472-9816
Association of Graduates (AOG) https://www.usafa.org/appointee	(719) 472-0300
Cadet Issue (Operational Camouflage Pattern (OCPs) Boots, Uniforms)	(719) 333-3218
Parent Liaison Team usafa.parent.liaison@afacademy.af.edu	(719) 333-3828 (877) 268-3383
Parents' Weekend https://www.usafa.edu/about/traditions/parents-weekend	(719) 333-3828
Air Academy Federal Union	(800) 223-1983
Cadet Sponsor Program cadet.sponsor@afacademy.af.edu	(719) 333-2727
Chaplain's Office	(719) 333-2636
Office of International Programs (DFIP)	(719) 333-3452
Registrar's Office	(719) 333-3970
Dental Clinic	(719) 333-5192
Security Clearance Forms	(719) 333-4673/2405
Sexual Assault Response Coordinator (SARC)	(719) 333-7272
CADET CLINIC	
Medicine	(719) 333-5187
Immunizations	(719) 333-5080
Optometry	(719) 333-5189 opt 4
FINANCE	
Cadet Pay, Scholarship Check & Travel Reimbursement	(719) 333-6982

Before You Arrive

Active-Duty Personnel

If you are currently on active duty you will out-process through your servicing Military Personnel Flight (MPF) Outbound Assignments. Once your MPF is notified that you have accepted an appointment, have them use the below information to process your orders. Print a copy of your Personnel Records Data Application (PRDA) record and a career data brief from the Virtual Military Personnel File prior to your arrival. It is vital that copies of technical school certificates and any decorations you have received (Air Force Commendation Medal/Air Force Achievement Medal) are printed out as well. You will lose access to PRDA and all documents stored within once gained to the Academy. These documents will be used to complete the Department of Defense Form 214 once your date of separation/estimated time of separation expires. Update a Form 93 Record of Emergency Data prior to departure and on the appointee portal.

Direct Airmen or Guardian Instructions:

- Minimum storage facilities are available. Only bare minimum of hold baggage can be shipped.
- Do not show up in uniform. Print out entire PRDA records for USAFA A1. ANG & AFR - bring DD Form 368.
- Arrive in the local area 23 June 26. In-Processing date is 24 June 26 at Holaday Athletic Center. In-process no earlier than 0700 and no later than 0930. Squadron times will be assigned prior to arrival.

Losing MPF's Instructions:

- No retainability is required for assignment.
- No PPC to be added to orders.
- Remarks to add to orders: "Shipping HHG to HOR is permitted."

Questions: Cadet Accessions Office, USAFA/A1A
2360 Vandenberg Dr.
U.S. Air Force Academy, CO 80840
Telephone: (719) 333-3244
Email: USAFA.A1A@afacademy.af.edu

Air National Guard (ANG) / Air Force Reserve (AFR) Personnel

If you are ANG/AFR you **MUST** have a signed DD Form 368, Request for Conditional Release, prior to arriving at the Academy. Upon in-processing, the Officer Accessions Office will send the finalized release form back to your unit to start the separation process. This is vital to ensure proper separation has taken place in all applicable database systems. Those members failing to turn in this form during in-processing will have pay issues.

Questions: Cadet Accessions Office, USAFA/A1A
2360 Vandenberg Dr.
U.S. Air Force Academy, CO 80840
Telephone: (719) 333-3244
Email: USAFA.A1A@afacademy.af.edu

Admissions Documents Update

Your appointment is conditional based on continued academic excellence, physical excellence, and high moral character. If, between receipt of your appointment and in-processing day, you are arrested, convicted, or fined for any offense, fail a college or high school class, are suspended, or expelled from school, become sick or injured, have surgery, or use prohibited substances (including possession or use of marijuana even in places where it is legal), you must immediately contact the admissions office.

Failure to do so may result in refused admission, adverse action, and/or disenrollment.

Questions: Admissions Office, HQ USAFA/RR
2304 Cadet Dr., Suite 2300
U.S. Air Force Academy, CO 80840-5025
Telephone: (800) 443-9266
Email: USAFA_RRS.ORGMAIL@afacademy.af.edu

Transcripts

If you are still in high school, you must arrange for your school to send a final graduation transcript to the Admissions Office via mail or a transcript service such as Parchment as soon as possible following graduation. If you mail, send it to the address below.

If you are enrolled in college courses, you **MUST** arrange for the college to forward your final transcript to: USAFA_RRS.ORGMAIL@afacademy.af.edu or to the Admissions Office at the address below. The transcript must reflect your final grades for the courses in which you are presently enrolled and status at the time of your departure.

Your transcripts must arrive at the Academy no later than **June 10, 2026**. If you attended college courses while in high school, you must ensure a final college transcript arrives at the admissions office no later than **June 10, 2026**, or as soon as possible upon completion of the semester. Ensure transcript fees are paid as nonpayment may delay the forwarding of your transcript. If you have attended more than one college, ensure the final transcript from each college is sent to the Academy.

Questions: Admissions Office, HQ USAFA/RR
2304 Cadet Dr., Suite 2300
U.S. Air Force Academy, CO 80840-5025
Telephone: (800) 443-9266
Email: USAFA_RRS.ORGMAIL@afacademy.af.edu

Security Clearance

If you do not already possess a Top-Secret security clearance you **MUST** complete the following security clearance documents. Note: International students will not receive a U.S. security clearance and are not required to complete the questionnaire.

- Electronic Security Clearance Questionnaire, Standard Form (SF) 86 (can be found online on your admissions portal appointee kit). Complete, print and hand-carry a copy of the SF86 with you to I-Day to complete the security clearance application during BCT.
- The security clearance background investigative process is an in-depth review to confirm your trustworthiness, reliability, and loyalty to the United States in which acquaintances, friends, and relatives may be interviewed. Ensure you provide accurate proof of citizenship information for every applicable (immediate) relative born outside the United States within Section 18 of your SF86. The security clearance investigation process leads to a Top-Secret clearance eligibility.

NOTE: Your responses (answers) to questions posed during the admissions process will be compared against information revealed during the background investigation process, including a criminal records check. If you did not fully and/or accurately respond during the admissions process, you should immediately contact your admissions counselor for further guidance and submit a written statement to correct your record.

Questions: Mr. Jessie Rhom, Headquarters Security Manager
Telephone: (719) 333-2405
Email: jessie.rhom.2@us.af.mil

Mr. Jeffrey Matzke
Telephone: (719) 333-4673
Email: jeffrey.matzke.1@us.af.mil

Parent Based Intervention (PBI)

Your primary caregivers will find “a parent handbook for Talking with College students About Alcohol” on the official parent webpage at this link: <https://www.usafa.edu/app/uploads/Talking-with-College-Students-about-Alcohol.pdf>. The parent-based approach is currently used at multiple universities in the United States and provides a format for caregivers to have honest discussions about alcohol use with you before you arrive at the Academy. Alcohol use can be a major detractor to elite performance in body and mind, and maladaptive alcohol use can be a major detractor to your success as a cadet.

Topics in the handbook include improving communication, talking about alcohol, how alcohol works in the body, why students drink and do not drink, binge drinking, and more.

This handbook has been found to reduce binge drinking among freshmen university students and lower the risk for non-drinkers to start drinking. It has also been shown to reduce alcohol related problems, including sexual assault. Please ensure you and your primary caregivers discuss the topics in this handbook prior to In-Processing Day.

Notice to Employer

The Uniformed Services Employment and Reemployment Rights Act of 1994 - Notice to Employer - requires service members, including service academy appointees, to provide advance written or verbal notice to your employer regarding military duty. This act protects your civilian job reemployment rights for up to five years and may provide you with employment options if you depart the Academy prior to commissioning. We encourage you to notify your employer even if you do not intend to return to that civilian job within five years of beginning military service.

Personal Property Insurance

Personal property insurance is not required but is highly recommended. You will have the option to choose a personal property policy when issued a computer.

Paternity/Maternity Certification

If you marry while at the Academy you will be subject to disenrollment. If you become a parent while at the Academy, you will have several options. You may transfer to ROTC, leave the Academy, or request approval of a Family Care Plan if you choose to maintain parental rights and remain at the Academy. Alternatively, you may choose to terminate parental rights and stay at the Academy.

Prior Relationships

You are required to fill out DD Form 2983 (section 8, Exceptions) on I-Day with information regarding pre-existing relationships with any military officers or enlisted members assigned to the Academy, or any upper-class cadet in the Cadet Wing (e.g., parent, sibling, extended family member, etc.). The chain of commands will review the forms and provide guidance following in-processing. Air Force policy strictly prohibits dating, close friendships, and sexual relationships between cadets and officers or enlisted personnel. Academy policy prohibits similar relationships between basic cadet trainees and upper-class cadets, as well as four-degree cadets and upper-class cadets. There are no exceptions to these policies for prior-existing relationships.

T-Shirt Size and Uniform Measurements

You must fill out the required documents asking for clothing sizes on your portal appointee kit **as soon as possible** to ensure you can be issued uniforms during in-processing. Physical conditioning t-shirts are synthetic, will not shrink, and run slightly large. Order your normal T-shirt size or one size smaller if in doubt.

Failure to Take the Oath of Office

Note: If for any reason under your control, you refuse to take the oath of office as a cadet upon your arrival at the Academy, or if because of fraudulent reasons you cannot become a cadet, you will **NOT** be entitled to any travel expense reimbursement. Failure to take the Oath of Office will negate ALL entitlements for travel expenses to the Academy, as well as travel expenses back to your home. This means you will have to pay for your own way to and from the Academy. The government cannot pay you for these expenses if you have not been sworn in as an Academy cadet.



Appearance Standards

Hair Standards

Female basics. No minimum hair length, to a maximum bulk of 4 inches from scalp and allows proper wear of headgear. Hair will end above the bottom edge of collar and will not extend below an invisible line drawn parallel to the ground, both front to back and side to side unless pulled back and secured or worn in an authorized ponytail/equivalent or long braid(s). If hair is pulled back and secured behind the head, radius will not exceed 6 inches from the point where the hair is gathered (i.e., no more than 6 inches to the left and 6 inches to the right, 12 inches total width; and 6 inches protruding from where hair is gathered) and must allow for proper wear of headgear. One or two braids or a single ponytail/ equivalent may be worn down the member's back with length not extending past 4.5 inches below the top of the collar. The braid(s) or ponytail/equivalent cannot be worn over the shoulder or pulled in front of the body. They shall extend down the member's back.

If applied, dyes, tints, bleaches, and frostings must result in natural hair colors, present a natural appearance and be complementary to facial hair e.g., eyebrows, lashes, beards (if authorized for medical or religious reasons), etc. Examples of natural hair colors are brown, blonde, brunette, natural red, gray, or black. All Airmen and Guardians are authorized to wear natural color hair regardless of their natural born hair color, but when highlighted or frosted, the colors must blend naturally.

Unauthorized Hair Colors: burgundy, purple, orange, fluorescent, or neon (not all inclusive). Ombre (a gradual lightening or darkening along the lengths of the hair) or black hair with blonde highlights and blonde hair with black are unnatural in appearance and not authorized for wear. Other unauthorized examples include instances where hair and facial hair drastically contrast.

Bangs, or side-swiped hair, may touch eyebrows but will not touch or cover eyes. Exception: While wearing Physical Training (PT) gear, long hair must be secured. Loose ends are permitted and may extend more than 4.5 inches below the top of the collar.

Pinned-up hair should be styled in a manner that prevents loose ends from extending upward on the head and may not start at the crown of the head or be worn on the top of the head. When hair is in a bun, the bun must be a single bun; all loose ends must be tucked in and secured. When hair is in a ponytail/equivalent, it must be a single ponytail/equivalent that does not extend past 4.5 inches below the top of the collar.

If worn, hair accessories (e.g., fabric scrunches, hairpins, combs, clips, headbands, elastic bands, barrettes, etc.) must match hair color. Black hair accessories are authorized regardless of hair color. Hair must still comply with bulk and appearance standards. Headgear must fit properly. Headbands or fabric scrunches will not exceed **2 inches** in width. Ornaments are not authorized (i.e., ribbons, beads, jeweled pins).

- Locs, braids, twists, micro-braids, French braids, Dutch braids, and cornrows are authorized. Locs are defined as portions of hair that have been intentionally or unintentionally fused together to form a loc or locs. A braid or twist is two or more portions of interwoven hair. If adding additional hair, it must be a natural-looking color, like the individual's hair color. It must be conservative (moderate, being within reasonable limits; not excessive or extreme) and present a professional appearance. Hair must not exceed bulk and length standards and must not extend below the bottom of the collar. Headgear must fit properly.
- All locs, braids, and twists, when worn will be of uniform dimension, no wider than one inch, with natural spacing between the locs, braids, or twists and must be tightly interwoven to present a neat, professional, and well-groomed appearance. When worn, multiple locs, braids, or twists shall be of uniform dimension, small in diameter (approx. ¼ inches), show no more than ¼ inch of scalp between the locs, braids or twists and must be tightly fused/interwoven to present a neat, professional appearance. A braid/twist must continue to the end of the hair without design and following the contour of the head and may be worn loose or in a secure style within hair standards in the paragraph above. [Exception: Micro-braids or twists are not required to continue to the end of the hair].
- To ensure female cadets meet these standards, Academy cadets and permanent party non-commissioned officers will be present on In-Processing Day to train basics on these standards or if unable to meet them, ensure female basics receive a single-length haircut to ensure they are within standards.

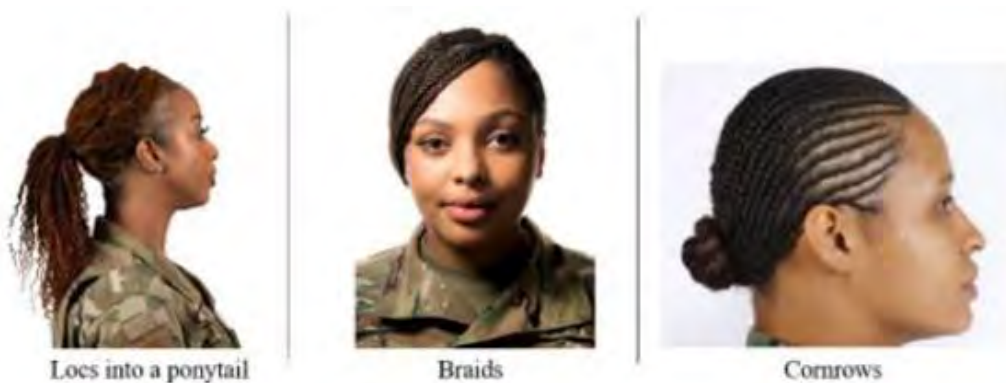
Female Authorized Hair Styles



Unbraided Single Ponytail



Braided Ponytail



Locs into a ponytail

Braids

Cornrows

Authorized Female Hair Styles Examples of Locs, Braids, and Cornrows

Exception: While wearing the physical training uniform, long hair will be secured but may have loose ends and may extend below the collar, i.e., ponytails.

Additional Female Authorized Hair Styles





Male basics will continue to receive a traditional military in-processing haircut (cut to a 1.5 size clipper blade length). Males must shave facial hair prior to in-processing to include mustaches.

Unauthorized hairstyles for males and females: mohawk, mullet, and etched designs. It is highly encouraged that you arrive on In-Processing Day with hair meeting standards; however, if you are unable to meet standards, a haircut will be provided (as shown above).

Donating Hair on In-Processing Day

Hair donation will be available for basics who are interested and meet the **minimum required length of 7 inches to donate**. Donated hair cannot be permed, colored-treated or highlighted. Basics who would like to donate will have the choice of sending their hair to one of five foundations who provide wigs to cancer patients or patients with hair loss disorders.

Females: following donation, females will be given the option of a single-length, chin-length cut (if hair is long enough to allow for both, donation then haircut) or a traditional military in-processing haircut (cut to 1.5 size clipper blade length).

Males: following donation, will receive a traditional military in-processing haircut.

Tattoo and Brand Policy

A **tattoo** is defined as a picture, design, or marking made on the skin or other areas of the body by staining it with an indelible dye, or by any other method, including pictures, designs, or markings only detectible or visible under certain conditions (such as ultraviolet or invisible ink).

A **brand** is defined as a picture, design, or other marking that is burned into the skin or other areas of the body. Body markings are pictures, designs, or other markings because of using means other than burning to permanently scar or mark the skin.

- Tattoos/brands/body markings will not be on the hands, head, neck (anything visible above the open collar uniform), face, tongue, lips, and scalp.
- Tattoos are authorized on the chest and back (below the open collar uniform), arms, and legs.
- Chest and back tattoos will not be visible through any uniform combination(s) or visible while wearing an open collar uniform.
- Tattooing for cosmetic purposes is authorized when directed by licensed, qualified medical personnel to correct a medical condition, illness or injury for both men and women.
- Non-medically directed cosmetic tattooing is permitted for women if done to apply permanent facial makeup (i.e., eyebrows, eye liner); the cosmetic tattooing must have a natural appearance and be conservative, moderate, within reasonable limits, not excessive or extreme, not distinctly contrast with their complexion, and in good taste.

Tattoos/brands/body markings with unauthorized content that are prejudicial to good order and discipline, or the content is of a nature that tends to bring discredit upon the U.S. Air Force or U.S. Space Force are prohibited both in and out of uniform. You may not cover up tattoos, brands, and/or body markings with bandages or make-up to comply with unauthorized content tattoo policy.

- Tattoos/brands/body markings anywhere on the body that are obscene, commonly associated with gangs, extremist, and supremacist organizations, or that advocate sexual, racial, ethnic, or religious discrimination are **prohibited** in and out of uniform.
- Obscene tattoos/brands/body markings are grossly offensive to modesty, decency, or propriety.
- Extremist tattoos/brands/body markings are those affiliated with, depicting, or symbolizing extremist philosophies, organizations, or activities.
- Sexually discriminative tattoos/brands/body markings are those that advocate a philosophy that degrades or demeans a person based on sex.
- Racially discriminative tattoos/brands/body markings are those that advocate a philosophy that degrades or demeans a person based on race, ethnicity, or national origin.

Initial accessions must disclose any tattoos or brands not meeting the above criteria and receive appropriate Air Force Component Recruiting Service review (Air Force Recruiting Service, Air Force Recruiting Command Reserve Service, or Air National Guard) to determine eligibility when questionable for appointments. Complete removal or alteration of unauthorized content and/or excessive tattoos/ brands/body markings is otherwise required prior to being accepted in the U.S. Air Force or U.S. Space Force.

Marijuana and Cannabidiol (CBD) Policy

Marijuana and CBD products are off limits for all federal employees to include cadets. Please review the important information below on the Air Force Policy regarding CBD.

5 CBD Facts



for Service Members & Federal Employees

CBD is Off-Limits



CBD products are currently off limits for service members and federal employees, unless prescribed by a medical professional. Despite Colorado law, CBD remains a Schedule I controlled substance. The commercial availability of CBD products should not lead service members or federal employees to infer the products comply with federal law or the UCMJ.

CBD Explained



CBD is short for cannabidiol and derived from the cannabis sativa L. plant – commonly known as marijuana. CBD is non-psychoactive, which means it doesn't produce the high associated with other marijuana components like THC. CBD products have been attributed to a wide range of health benefits and grown in popularity and availability in recent years.

Here's Why



Non-prescription CBD products may contain appreciable levels of THC – a fact that may be omitted or inaccurately accounted for on the label. A 2017 study of 84 CBD products sold online found 21 percent of the products contained THC. Some of the products also incorporated synthetic cannabinoids, also illegal for service members to ingest.

Types of CBD Products



CBD oil is commonly mixed into lotions and balms or incorporated into ingestibles like gummies and coffee drinks. The FDA construes many of these products as illegal and unreliable and has issued warnings to companies that misrepresent the effects of CBD; however, the vast scope and flooded market has led to a buyer beware scenario – where the buyer is assuming the risk for the product.

Legal Implications



A relatively small amount THC can result in a positive urinalysis result on a military drug test and could expose a service member to punitive action. Certain federal employees are also subject to random drug testing based on the requirements of their position and security clearance level and could also be subject to discipline.

Preparing for In-Processing Day (I-Day) Checklist

Task	Due Date (if specified)	Date Completed	Reference/Notes
Submit appointee kit	As soon as possible		
Accept/decline appointment	As soon as possible		
Appointee tour (if applicable)	April 2026		
Proof of US Citizenship (see in the “What to Bring” section regarding acceptable documents for proof of citizenship)	Hand-carry		
Fill out security clearance paperwork (Standard Form 86) Print and hand-carry	Hand-carry		
Transcripts sent to U.S. Air Force Academy	June 10, 2026		
Complete notice to employer (if applicable)	(if applicable)		
Complete and return online DocuSign medical update forms package (will receive via email 2-3 weeks prior to I-Day)	Upon receipt		
Read and discuss with your parent/guardian the Parent Based Intervention Book	Before I-Day		
Ensure email address provided in student portal is a personal (not school) email address	As soon as possible		
Review Paternity/Maternity Certification paragraph	Before I-Day		
Complete DD Form 2983, Prior Relationships (military)	Completed on I-Day		
Disclose any unauthorized tattoos/brands (if applicable)	Completed on I-Day		
Remove or alter any unauthorized tattoos/ brands before I-Day (if applicable)	Before I-Day		
Implement 8-week physical conditioning workout program	May 1 - I-Day		
Review all drug policy info in handbook	Before I-Day		
Sign Parent Club Privacy Act Release (Appointee and at least one parent)	As soon as possible for support		
Receive flight itinerary (if government-purchased ticket)	June 1, 2026		
Pack hand-carried Items (outside of backpack)	Before I-Day		

Travel Procedures

Selecting Your Mode of Travel

You will be given the opportunity to select your I-Day mode of travel on your appointee kit portal. The options are listed below, and we ask that you consider them carefully and discuss them with your family before making your selection, as there will **NOT** be an option to make changes.

In the admissions appointee portal kit, the time for arrival on I-Day will normally start at 7 a.m. This time is for your planning purposes, but you will be assigned your exact arrival time later via email. You are required to follow this arrival time on I-Day. Your arrival time will depend on your assigned squadron as well as any additional procedures you need to accomplish on your day of arrival.

Please choose from the following:

- **You make your own travel arrangements by purchasing an airline ticket or driving to Colorado Springs, Colorado:**
 - This is the preferred option as it gives you the most flexibility. You can depart from any airport of your choice.
 - If you purchase your own airline ticket, you will be reimbursed up to the cost of an airline ticket from the airport nearest your Home of Record to Colorado Springs Airport, **not to exceed the cost of a government-procured ticket.**
 - If you drive to the Academy, you will be reimbursed for mileage and entitled to a per-diem allowance for the allowable travel time.
 - Best if you are traveling with family members, departing from a location other than home of record, or taking vacation while traveling to the Academy.
- **You request the government purchase a commercial airline ticket:**
 - This option should only be selected if you cannot easily drive or purchase your own airline ticket. **Once a government ticket is issued, changes will not be allowed!** The government will select your departure date. The flight will be booked from the airport closest to your home of record to Colorado Springs Airport. You are not allowed to request a government ticket from any city besides your home of record.
 - Please note that the Academy is required to utilize the government contract airline carrier for the tickets and cannot match your tickets with family members or others who may also be traveling.

You will receive your travel orders once your admissions portal checklist has been submitted and you will complete a travel voucher upon in-processing and receive per diem (meals and incidental expense allowance), and mileage entitlement for travel to the Academy. See travel reimbursement section below for details.

Commercial Airline Ticket Provided by the Academy

The Academy Traffic Management Office, Passenger Services Section, will confirm and issue an electronic ticket (E-Ticket) itinerary from the airport closest to your home of record to Colorado Springs Airport. Consult your appointee kit portal for more information on retrieving your itinerary. **If you do not receive your itinerary by June 1, 2026, please email the Admissions office at USAFATravelQuestions@afacademy.af.edu.** Admissions will work with the travel office to ensure you receive it.

Commercial Airline Ticket Purchased by You/Family

If you are considering taking a vacation enroute to visit family, friends, etc., leaving from a location other than your home of record, or travelling with family, please make your own travel arrangements rather than having the Academy make your arrangements. Reimbursement guidelines cover airline tickets into Colorado Springs Airport from the airport closest to the appointee's home of record. Please refer to the travel reimbursement section before arranging travel.

Driving to the U.S. Air Force Academy

The Academy is located 55 miles south of Denver, Colorado, and 8 miles north of Colorado Springs, Colorado, on Interstate Highway 25. If you travel to the Academy by car, you will find that entrances to the Academy from the highway are clearly marked. You may enter the Academy through the North Gate, (Exit 156). Signs will be placed along Academy Road on the day of your arrival to direct you to the drop-off point.

Please plan to arrive the day prior to in-processing to mitigate any delays and be available to report at your assigned time. If you plan to stay in the vicinity of the Academy the night prior to in-processing, we suggest you make hotel reservations early.

Colorado Springs is a major tourist center; hotel and motel reservations are at a premium from Memorial Day through Labor Day so make your reservations early. Lodging close to the Academy may be limited due to the number of arriving Appointees. The cost of the hotel/motel, meals, and commercial transportation to/from the hotel is at your expense, but some expenses for lodging (up to \$147 per night) and commercial transportation will be reimbursed after filing a travel voucher. Please note that tips and Airbnb reimbursement are not authorized.

You are responsible for acquiring your own transportation from the airport to your hotel and/or from the airport/hotel to the Academy for in-processing. You can catch a hotel shuttle from Colorado Springs Airport to your hotel (if provided) or get a commercial taxi (taxi cost is at your own expense but is reimbursable). You can also catch a commercial taxi from your hotel to the Academy for in-processing. The Academy does not provide transportation. No rideshares such as Lyft/Uber allowed.

If you experience any major problems, delays, or difficulties during your trip please contact the Colorado Springs Regional Command Post at (719) 333-2633 (manned 24/7) and ask to be connected to the in-processing director.

If you requested government travel and need help in coordinating travel during delays or difficulties, contact the airline you are traveling on. If you still need assistance, reference your admissions appointee portal for the latest contact information.

Travel Reimbursement

During in-processing you will complete a DD Form 1351-2 Travel Voucher, claiming the authorized expenses incurred for your travel. A complete travel itinerary is required, so please keep track of all dates involved. You do not need to track intermediate stops in your itinerary unless you remain overnight or change travel modes (airline, commercial vehicle, private vehicle, etc.).

The following information and documentation, if applicable, is required when completing your travel voucher:

- Your airline itinerary
- Distance from your home to the airport
- Receipts for personally purchased airline, rail or bus tickets and lodging
- Receipts for reimbursable expenses such as taxi fares of \$75 or more
- Cost of passport and/or visa (international students only)
- *If driving to the Academy, it is not necessary to track your actual mileage or provide copies of your meal or hotel receipts.

Travel by private auto:

Should you decide to travel by private auto to the Academy, you will be entitled to reimbursement of 21 cents per mile and a maximum per diem allowance of \$178 per day for the allowable travel time. Travel time is computed and paid for; the lesser of one allowable travel day for each 350 miles of the official distance or actual time used to complete the journey. The entitlement to the mileage allowance is dependent on you being the owner/operator of the vehicle. To be considered the owner/operator of the vehicle, you must be responsible for the operating costs of the vehicle, i.e., pay for the gas. It is not necessary to track your actual mileage or provide copies of your meal or hotel receipts.

Other commercial ground transportation:

You may also utilize and receive reimbursement for bus or rail transportation. Keep all receipts associated with this trip.

Questions about Travel Reimbursement:

Contact the U.S. Air Force Academy Financial Services Office, at (719) 333-6982 for questions concerning your travel entitlements.



Print this page and carry with you for easy reference.

In-Processing Day (I-Day)

You must arrive at the Holaday Athletic Center 15 minutes prior to the directed reporting time for in-processing into the Academy on June 24, 2026. Reporting times, squadron assignments, and further reporting instructions will be posted in your admissions appointee portal two weeks prior to I-Day. Ensure you bring all the required items as specified in these instructions or as supplemented in the portal. If you arrive without the required items, you could encounter significant inconvenience and delay during in-processing.

Please eat a good breakfast prior to arriving at the Academy in-processing area.

If you are staying at a hotel, you must obtain your own transportation (i.e., commercial taxi, rideshares) **at your own expense** (reimbursed on your travel voucher) to the HAC. Ensure you keep all travel receipts for your travel voucher. Installation access is subject to change so please ensure that you have a valid Government ID and your Appointment letter in hand. We will notify you on the current installation access process as the date approaches.

Family members and/or friends may be permitted through the North Gate but are not permitted to exit their vehicle at the HAC drop-off location. Because of this, family members should say their goodbyes to you prior to arrival at the HAC.

Foreign Nationals and Foreign National Family members will need to coordinate (by email) with DFIP (jocelyne.fadiga@afacademy.af.edu) office by June 13, 2026 to establish access to the installation.

Following appointee drop-off, the Academy invites parents, family members, and guests to participate in a separate parent/family/guest welcome program. The U.S. Air Force Academy Visitor Center and retail area, along with the Association of Graduates retail area located in Doolittle Hall will also be open. A complete schedule and description of activities will be posted on the in-processing website at [In-Processing Day • United States Air Force Academy](#) prior to I-Day.

If you have any questions or problems getting transportation to the HAC, contact the Colorado Springs Regional Command Post at (719) 333-2633 and ask to be contacted by the in-processing director. Late arrivals (after 4 p.m.) will also need to contact the Colorado Springs Regional Command Post.

What to Bring

Proof of Citizenship/Name Change

You **MUST** carry one of the following original documents to prove your citizenship:

- If born in the U.S., the following documents are acceptable: U.S. Certificate of Birth or US Passport.
- If a U.S. citizen born overseas/abroad, you are required to bring the original copy of the FS-240 Consular Report of a Birth Abroad.
- If a naturalized U.S. citizen, you are required to bring your certificate of naturalization USCIS Form N-550.
- If you have derived U.S. citizenship as a minor through a parent that is a U.S. citizen or naturalized citizen, you are required to bring your certificate of citizenship (USCIS Form N-600. See <https://www.uscis.gov/citizenship/learn-about-citizenship/i-am-the-child-of-a-us-citizen> for more information.

Proof of citizenship documentation will be checked at the start of in-processing and returned to you. If you do not have proper proof of citizenship, you may be sent home.

We must record your name exactly as it appears on your birth certificate. If you have had or anticipate a name change before arriving at the Academy, please contact Admissions.

Civilian Clothing and Baggage

Bring minimal civilian clothing since you will not be allowed to wear it during your fourth-class (freshman) year until after recognition and promotion (approximately in April). Weather permitting, we advise you to report to the Academy wearing a short-sleeved shirt or blouse, shorts or pants, and a light sweater or jacket, as needed.

Clothing must be modest and appropriate for a professional military environment. **Do not wear tank tops, halter tops, sleeveless shirts or blouses, crop tops, or shirts that expose the midriff or stomach, cut-off pants/shorts, or shirts that expose private areas of the body or undergarments. Do not wear clothing that bears symbols or statements that are profane, lewd, offensive, or obscene.**

If wearing shorts, they must be modest and appropriate for a professional environment. **Shorts must have at least a 5-inch inseam and extend below the fingertips when arms are relaxed at the sides. Running shorts with split sides, biker-style or compression (spandex) shorts, or shorts that expose the buttocks or undergarments are not permitted. If there is any doubt about length or fit, choose longer shorts or wear pants. Appointees who arrive wearing shorts that do not meet this standard may be required to change clothing before beginning in-processing.**

You should wear comfortable walking shoes or combat boots if you purchase them. Do not wear open-toed shoes (including slides or sandals) with or without socks. If you wear boots, have running shoes easily available to be inspected by staff (see below for athletic shoe requirements).

You will be changing into your uniform on I-Day. In-processing will take approximately eight full hours and include considerable walking and standing. **Baggage should be no larger than airline carry-on size; backpacks are preferable as you will have items to carry during in-processing.**

The Academy **DOES NOT** issue bras or briefs to women or briefs and V-neck t-shirts to men. Females **MUST** bring at least 12 white sports bras and 12 pair of white plain cotton briefs. It is highly recommended to bring extra bras and briefs. Men **MUST** bring at least 12 pair of plain white underwear (boxer briefs must not extend below mid-thigh) and 6 solid white V-neck t-shirts. You can also bring and wear black compression shorts. Note: The Academy will wash all laundry for your flight/squadron together and that is why the specific color is required.

Keep in mind that you will be involved in strenuous physical activities during BCT, and that support and comfort should be your foremost consideration in the type of undergarments you bring.

Upon arrival, you will be issued all clothing/additional footwear you will need and are allowed to have.

Athletic Shoes

Athletic style shoes are **MANDATORY**. You **MUST** bring athletic style shoes that are in good condition, do not have excessive ornamentation and are less than 1 year old. It is highly recommended you purchase new running shoes 12 weeks before BCT as you begin your physical training preparation, so your shoes are worn-in and comfortable for BCT. The shoe's primary purpose must be for running (no basketball shoes, cleats, etc.). If you do not bring an approved athletic shoe, you will be required to purchase a pair upon arrival and there will be fewer options due to our limited supply.

If you require prescription orthotics, bring them with you. They should be in good shape and accomplish what they are supposed to do, e.g., alleviate pain.

Combat Boots

By the time you arrive at the boot issue station on I-Day, you will have been on your feet for many hours, and your feet will be swollen and tired. To ensure a perfect fit and lower the risk of blisters, it is **HIGHLY RECOMMENDED** you purchase 1 pair of operational camouflage pattern (OCP) authorized (coyote brown) boots and wear them for 2-4 weeks prior to arrival at the Academy. These boots must meet the following specifications: coyote brown in color, have a rubber sole no greater than 2 inches in height, and a waterproof upper bootie (Gore-Tex or similar). The boots **MUST NOT** have steel or safety toes, or zippers. There are many options available out there, but Rocky S2V RKC050, Bellville model C790, Salomon Guardian CSWP boots and Danner RIVOT TFX 8" coyote boots all meet the requirements and are good sources to begin your search. You will be issued sufficient boots to ensure that you have two pairs of serviceable boots to wear during BCT. If you purchase boots, wear them when you report for in-processing.

Molded Cleats

You are also encouraged to bring molded cleats with you to the Academy. Many intramural activities are played outdoors, and the use of molded cleats will allow you to maintain your footing. Only molded cleats are authorized. Do not bring screw-in, metal, or single toe cleats as they pose safety hazards to other participants.

Toiletries

Males and females are required to bring with them the following items: bar soap (in a closing soap container) or liquid shower body wash, lip balm with SPF (at least two), toothbrush, toothpaste, dental floss, deodorant, sunscreen (at least SPF 30) and shampoo of your choice. We recommend you **NOT** bring extra-large containers of these items because you will have an opportunity to visit the cadet store during BCT. The Cadet Medical Clinic recommends 2 bottles of hand soap for illness protection. Males are required to bring a razor, blades, and shaving cream or an electric shaver. Females should bring menstrual care products that may be required. All cosmetics will be collected upon arrival and returned at the end of BCT. When packing your toiletries, be sure to follow Transportation Security Administration's Rules on Liquids at the link <https://www.tsa.gov/travel/security-screening/liquids-aerosols-gels-rule>. If you do bring liquids larger than 3 oz., be aware that you will need to pack them in checked luggage instead of carry-on. *Note: The Cadet Store takes debit and credit cards as well as cash.*

What **NOT** to Bring

Personal Computers

You will be issued a new tablet or notebook computer during BCT. It should come pre-loaded with all software required, including Microsoft Office, math packages, CAD/CAM, and antivirus software. You will also have access to a high-speed laser printer in each cadet squadron. This is a shared resource with 100-plus people so plan ahead when printing. You are allowed to have your own personal printer in your room if you like. If you already own a printer, it is best to have it sent or brought to you during Parents' Weekend. Otherwise, you may purchase one from the cadet bookstore or from local merchants. It is recommended you buy a printer with a USB connection and cable. Items you may need for the academic year such as tablets may be brought to you by your parents, guardians, or friends during Parents' Weekend.

Questions: HQ USAFA/A6
2304 Cadet Dr., Suite 3700
U.S. Air Force Academy, CO 80840-6220
Telephone: (719) 333-4232

Calculators

You will be issued a scientific calculator prior to the start of classes in August. This calculator will be sufficient for all core courses at the Academy and use of alternate calculators in 100- and 200-level core courses is restricted. Therefore, there is no requirement for you to purchase a calculator or bring one with you. If you are majoring in engineering and sciences and require a more advanced "scientific" calculator, which can do simple linear regressions or graphing functions, one can be purchased here. However, if you already own an advanced scientific calculator, we recommend it be mailed or brought to you during Parents' Weekend.

Personal Accessories/Equipment

Storage space is extremely limited during BCT, and you will be issued everything you will need. Therefore, you should not bring more than one small piece of luggage (airline carry-on size or smaller). Again, follow TSA guidelines for what you can and cannot pack in a carry-on bag. Do not bring a trunk, footlocker, or sports equipment. Sporting equipment can be mailed to you later when it is authorized. If sports equipment is required during BCT, parents can coordinate mailing the equipment to the Athletic Coach. Female candidates may bring a hair dryer. You will be given Air Force-issue eyeglasses sometime during BCT. Wearing contact lenses during BCT is not permitted because of the intensive training in dry, dusty conditions and the amount of personal time available between training events.

Firearms

DO NOT bring any firearms or knives to the Academy. There are no provisions for storage or safekeeping during BCT.

Jewelry

We highly recommend that you **DO NOT** bring or wear any valuable jewelry, clothing, or personal items during BCT. For safety and hygiene reasons, you are not allowed to wear any jewelry during BCT, including pierced earrings or metal watches. Non-metal watches are allowed and useful. All jewelry brought to the Academy will be collected and placed in individual “low security” lock boxes until after BCT. Upon completion of BCT, female cadets may wear one white diamond, pearl, silver, or gold spherical/square earring (no larger than 6mm in diameter) on each ear. Male cadets are **specifically prohibited** from wearing earrings at any time.

Privately-Owned Vehicles

You are **NOT** permitted to have a private motor vehicle at the Academy until your second-class (junior) year, at which time it will be a privilege earned in accordance with the Commandant’s regulations. Do not bring an automobile unless someone accompanies you who can drive it home.



Packing List
THESE ITEMS NEED TO BE IMMEDIATELY/EASILY ACCESSIBLE.

Photo ID (Driver's license, state-issued ID or gov't issued ID)
Social Security Card (used for security clearance)
Proof of citizenship (see Proof of Citizenship section on pg. 17)
Legal name change documentation (if applicable)
Security clearance paperwork
Printed copies of Tattoo and Drug Forms from Appointee Kit (not required for Preppies or Active Duty)
Eyeglass and contact prescriptions PLUS one pair of glasses with black eyeglass strap (if applicable) NO CONTACTS
Orthodontic retainer (if applicable)
Essential medications
Orthopedic equipment (Prescribed)
Military medical records (prior service only)
Immunizations record
X-Rays for Orthopedic injuries within last year
Toothbrush, toothpaste, dental floss
Deodorant, Lip balm with SPF (2 of them), & sunscreen (2 bottles-with at least 30 SPF)
Authorized Over-the-Counter Medications (see medical section on page 24)
Travel size shampoo, conditioner, and bath soap (bar with closing container or liquid body wash)
2 bottles of liquid antibacterial soap, 16 oz such as used in bathrooms
Athletic shoes, wear or hand-carry
<i>WOMEN</i> - 12 white sports bras and 12 pair white cotton briefs (strongly recommend bringing additional undergarments), feminine hygiene products, & hairdryer (if needed)
<i>MEN</i> - 12 plain white V-neck t-shirts, 12 pair plain white underwear, razor, blades and shaving cream or electric shaver
Operational Camouflage Pattern (OCP) boots, wear (see page 18)
Molded cleats (NO metal) (Optional)
Cell phone and phone chargers (will be locked up until permitted) - label w/full name and squadron
Watches (Optional) (black no metal or smart watches)
Arrival procedures (See pages 13-17)
Travel receipts
Bring 2 reusable solid black face masks. No emblems, logos, or ornamentation
Bug spray/insect repellent (small)



Mailing Address

A private post office box has been assigned for your personal mail. The admissions portal will provide your P.O. box number. Below is the mail format. This P.O. Box will be used the whole time you are the Academy.

Basic Cadet _____ (your first and last name) (squadron A, B, C, D etc.) (optional)

P.O. Box _____ (insert your P.O. Box number)

U.S. Air Force Academy, CO 80841

NOTE: You WILL receive mail, but you may not have access to your post office box daily during BCT. We suggest you instruct friends and family to put your squadron number/flight information after your name, and number their letters/post cards as they write them. This will allow mail to get to you more quickly in Second BCT while in Jack's Valley and you won't have added stress of thinking you are missing mail.

You will not have access to any packages sent to you until after BCT and the academic year has begun, and there is limited storage in the Cadet Post Office. **Families are also strongly discouraged from mailing any packages to cadets during both August and January to allow for textbook orders to be mailed to cadets.** The Academy does have Amazon boxes for cadets to order textbooks and packages from Amazon after BCT. Your family and friends can find instructions on the different methods to mail to you they can go to the Academy Parent website at <https://www.usafa.edu/parents/sending-mail-to-cadets/>.

Medical and Health Information

Physical Qualification for Academy Entrance

Physical qualification for Academy entrance is based on the assumption that your Department of Defense Medical Examination Review Board (DoDMERB) examination reflects your true medical status. You can ensure this by:

- Providing a complete and accurate medical history at the time of your examination.
- Immediately reporting any change in your medical status (injury, physical or mental illness, or diagnosis of a new condition) to DoDMERB, telephone (719) 333-3562 or email dha.ncr.dod-merb.mbx.helpdesk@health.mil after you have finished your examination.
- Notifying DoDMERB prior to treatment or procedure if you are having elective surgery or a medical treatment is contemplated, as this may adversely affect your medical status.
- Visual refractive error that is corrected by orthokeratology (using hard contact lenses to decrease myopia) or refractive surgery (e.g., RK, PRK, LASIK, SMILE, ICL) is medically disqualifying. If you have undergone either PRK or LASIK you need to call and report this to DoDMERB at (719) 333-3562, as they may need to be evaluated by the medical authority for a waiver. Waiver candidates must meet strict criteria regarding both pre-operative and post-operative visual status.
- Sending all medical information to DoDMERB as soon as possible.

The DoDMERB examination is used only for appointment to the Academy. Determination of medical qualification for pilot, combat systems operator, remotely piloted aircraft operator, or other aviation and special operational duty career fields is accomplished during your junior year. The DoDMERB examination does not qualify you for these career fields.

Enrollment in Healthcare

Once you in-process, you will be enrolled in TRICARE Prime. TRICARE Prime is like a civilian Health Maintenance Organization, or HMO. In this program you will be assigned to a primary care manager and will receive all your primary care/specialty care at the U.S. Air Force Academy Military Treatment Facility.

To coordinate primary care, call (719) 524-2273 or schedule an appointment online using the MHS Genesis Patient Portal. These steps initiate the process of receiving care from a healthcare provider.

- **Primary Care definition** - Basic or general health care is traditionally provided by doctors trained in family practice, pediatrics, internal medicine, and occasionally gynecology.
- **Specialty Care definition** - Specialized health care provided by physicians whose training focused primarily on a specific field such as neurology, cardiology, rheumatology, dermatology, oncology, orthopedics, ophthalmology, and other specialized fields.

You and your care givers can find out more on medical information on the official parent website at [Medical and Dental Information • United States Air Force Academy](#).

Cadets should seek off-base care only in Emergency situations, i.e., loss of life, limb, or eyesight. Outside of emergency situations, Cadets should only be seen off base after being referred by their Cadet Medicine Provider and approved by the 10 MDG SGH. Cadets are responsible for scheduling follow-up appointments with a Cadet Medicine Provider within 24 hours of returning to duty for any medical visits that occur off base.

Altitude Considerations

Altitude-related symptoms like headache, nausea, fatigue, dizziness, or trouble sleeping are common with ascent to altitude of >2,500m and are known to happen at >2,000m. The U.S. Air Force Academy sits between these two altitudes. The symptoms associated with altitude acclimatization often begin within 6-24hrs of arrival at altitude and usually improve within 1-3 days as your body acclimatizes. It is recommended to take it easy for the first few days, stay well hydrated, and avoid overexertion. Mild symptoms can be managed with rest and over-the-counter pain relievers, but seek medical attention if you develop severe headaches, confusion, shortness of breath at rest, or persistent vomiting.

Medications

All medications in your possession will be examined by an Air Force medical officer. Please see the chart below for authorized over-the-counter medications. NOTE: Ensure you keep your medications together in a container (e.g. zip lock bag) with you as you process through the in-processing line. **Medications MUST be in original manufacturing containers.** Do not bring medications that are expired or will expire during BCT. If you have any questions about medications, call Cadet Clinic-Medicine at (719) 333-5181.

Generic Name Over the Counter Medication / Strength	Example Brand Name Over-the-Counter Medication	Use	<u>Maximum</u> Quantity*
Calcium Carbonate 500mg, 750mg, 1000mg tablets	Tums	Antacid	150 count bottle
Polyethylene glycol 3350 powder	Miralax	Constipation	1 - 510 gram bottle
Menthol OR Pectin Lozenges	Halls OR Ricola	Cough Drop	150 count bag
Acetaminophen 325 mg OR 500 mg tablets	Tylenol	Fever / Aches / Pain	150 count bottle
Ibuprofen 200 mg, OR 400 mg OR 600 mg tablets	Advil OR Motrin	Fever / Aches / Pain	150 count bottle
Naproxen 220 mg	Aleve	Fever / Aches / Pain	150 count bottle
Clotrimazole 1% cream OR Tolnaftate 1% powder	Lotrimin OR Tinactin	Foot Care	1 - 30 gram tube
Loperamide 2 mg capsules OR Bismuth Subsalicylate 262 mg tablets	Imodium OR Pepto-Bismol	Diarrhea	150 count bottle
Propylene glycol 0.6% eye solution OR Polyvinyl Alcohol 0.5% and Povidone 0.6% eye solution OR Carboxymethylcellulose 0.5% eye solution	Systane OR Clear Eyes OR Refresh Plus	Dry eyes	1 box
Loratadine 10 mg tablets OR Fexofenadine 180 mg tablets	Claritin OR Allegra	Seasonal Allergies	150 count bottle
Midol OR Midol Complete	N/A	Menstrual Pain	150 count bottle
Vitamin C 1,000 mg per packet	Emergen-C	Supplement	1 box OR 150 count bottle
Vitamin D (800 - 2,000 IU)	N/A	Supplement	150 count bottle
Multi-Vitamin	One A Day	Supplement	150 count bottle
Bacitracin, Neomycin, Polymyxin B ointment	Neosporin	Topical Antibiotic	1 tube

- For personal use only.
- All medications will be verified by a certified medical personnel member upon arrival on I-Day, and you will store it in a locked security drawer.
- Quantity Limitation: **No more than 150 count per package size.** You can purchase more if needed at the Cadet Store or utilize the Cadet Pharmacy OTC Program.
- Prescription meds (birth control, skin cream) will only be authorized after being verified by an Academy medical personnel member on I-Day.

Basic Cadets are NOT authorized to bring/store/use:

- Cough suppressants (e.g. Nyquil, Delsym)
 - Medications that contain non-English instructions and/or labeling
 - Medications, to include generics, or combination with drowsy effects (e.g. Benadryl, Zyrtec, Tylenol PM)
 - Medications, to include generics, or combination with decongestive effects (e.g. Sudafed, Sudafed PE)
 - Other vitamin supplements not listed on page 23 (e.g. Calcium, Iron, etc.)
 - Sleeping aids (e.g. Melatonin, Unisom)
 - Stimulants (e.g. Caffeine containing items of 65mg or more, other Energy supplements)
 - Workout supplements (e.g. pre-workout, protein, etc.)
-

X-Rays

If you have suffered an orthopedic injury or have been treated for an orthopedic injury or deformity in the last year, you are **REQUIRED** to bring your most recent X-rays from your physician. These X-rays will be turned in to the cadet clinic at in-processing.

Medical Records

Medical records criteria will differ depending on your status.

- If you are a **current active-duty member**, and if your outgoing base provides you with a hard copy of your medical records, you will hand-carry your hard copy medical records to the Academy and turn it in during the medical portion of your in-processing.
 - If you are a **current military dependent**, your medical record must remain at the last base you were treated. You **do not** need to bring a copy of your medical records.
 - If you are a **civilian**, you **do not** need to bring a copy of your medical records.
-

Immunizations

Immunizations are a mandatory requirement for military duty. You must get the necessary immunizations **PRIOR** to arrival at the Academy. Waivers for immunizations will be processed in accordance with DoDI 6130.03. You will be able to upload your immunization record on your admissions portal kit; however, we ask that you also **hand-carry a hard copy of your immunization records from your physician/physician's office with you on I-Day**. If verification of your immunization status is not available, you will receive the complement of required immunizations even if immunized previously. Prior U. S. Air Force Academy Preparatory School and Appointees who are former cadets returning to the Academy DO NOT need to bring their shot records.

Questions or concerns may be emailed to Immunizations:
10-mdg.mbx.10-mdg-sgoma-allergy-immunization@health.mil

Mandatory Vaccines

- **Polio Vaccine:** this vaccine must be given within six months of admission (between January and June of admission year). While we realize most Appointees have had the vaccine much earlier, Department of War policy requires that you receive another vaccination within six months of entering military service. NOTE: If you are prior U.S. military (Active, Reserve, or National Guard of any U.S. military branch) you have already met the requirement.

***SPECIAL NOTE:** Some health care providers are reluctant to administer the Polio vaccination to young men or women who received the vaccination as a child. If your provider is hesitant to administer the Polio vaccine, you can download a prescription form for the vaccination from the Admissions Portal Appointee Kit.*

- **Influenza Vaccine (Flu):** This vaccine must be current, and the vaccine must have been administered no earlier than July 1st of last year.
- **Tetanus, Diphtheria, and Pertussis Vaccine (Tdap):** You must have 1 dose of Tdap on immunization record. If it has been more than 5 years since last Tdap, you will need a Tdap booster given within last 5 years.
- **Mumps, Measles, Rubella Vaccine (MMR):** You must be fully vaccinated. Full vaccination requires two doses (at least 4 weeks apart).

***SPECIAL NOTE:** If you have positive blood titers for measles AND rubella IgG antibodies (and can provide documentation to the fact), you do NOT need to receive the vaccine. If you have not been previously vaccinated, then you must attempt to receive both doses before you will be cleared to travel to the Academy.*

- **Chickenpox (Varicella) Vaccine (VAR):** You must be fully vaccinated. Full vaccination requires two doses (at least 4 weeks apart).

***SPECIAL NOTE:** If you have positive blood titers for VZV IgG antibodies (and can provide documentation to the fact) you do NOT need to receive the vaccine.*

- **Hepatitis A & B:** You must be vaccinated against both Hepatitis A and Hepatitis B before I-Day.

***SPECIAL NOTE:** If you have positive blood titers for HAV IgG and/or HBV IgG surface antibody, you do NOT need to receive the respective vaccine. If you have not been previously vaccinated, then you must attempt to receive 2 doses of hepatitis A vaccine and 3 doses of hepatitis B vaccine before you will be cleared to travel to the Academy (exception: the Heplisav-B vaccine only requires 2 doses). Note that the combined hepatitis A and B vaccine (Twinrix) requires 3 doses.*

- **Meningococcal ACWY Vaccine (Menomune, Menactra, Menveo):** You must have 1 dose of Meningococcal vaccine (MenACWY) after age 16 and within the last 5 years.

Recommended Vaccinations

- **COVID-19 Vaccine Series and Booster:** Being up-to-date on COVID-19 vaccinations is recommended - <https://www.cdc.gov/covid/vaccines/stay-up-to-date.html>. Bring documentation of any previous COVID-19 vaccination to update your medical record.
- **Human Papillomavirus Vaccine (HPV):** HPV available for series start or completion at the Academy Immunizations Clinic. HPV is not mandatory vaccine and not given at in-processing. (3 doses)
- **Meningococcal B Vaccine:** For individuals in higher risk categories or shared decision in consultation with your medical provider. Meningococcal B is not mandatory vaccine and not given at in-processing. (2 doses)

Questions: 10 HCOS/SGGX
4102 Academy Dr.
U.S. Air Force Academy, CO 80840
Telephone: (719) 333-5028

Vision & Eyewear Guide

Welcome to the Air Force Academy! To ensure you're prepared, please carefully review the following requirements for vision and eyewear.

Before You Arrive: Pre-I-Day Checklist

1. Upload your most recent vision prescription to your cadet portal NO LATER THAN May 14, 2026. The eye exam must be less than one year old.
2. If you use Orthokeratology (Ortho-K) lenses, you must stop wearing them at least 90 days before your arrival for I-Day.

What to Bring on I-Day

1. On In-Processing Day, you will be issued a standard pair of military spectacles based on the prescription you uploaded.
2. Make sure you pack the following items:
 - a. A paper copy of your vision prescription (for both glasses and contact lenses, if applicable).
 - b. Your current eyeglasses (if applicable), if you have worn any in the past two years, even if you don't wear them regularly.
 - c. A plain black eyeglass strap (if applicable) to secure your glasses to your head.

Cadet Eyewear Rules & Regulations

- During Basic Cadet Training (BCT) you must always wear your issued military spectacles, secured with the black strap. Contact lens wear is not allowed during BCT, starting on I-Day.
- You will be allowed to resume wearing contact lenses once BCT is complete.

General Uniform Wear

- Eyeglasses and sunglasses must be worn as intended. Do not wear them on your neck, head, or hanging from your uniform.
- *Authorized Eyeglass Frames:* Only black, gold wire, or silver wire frames are permitted. Any brand logos must be small and subtle.
- *Authorized Sunglasses:* Must have black frames with black or photosensitive (transition) prescription lenses.
- *Prohibited Eyewear:* Sunglasses with mirrored lenses and smart glasses (like Meta/AI glasses) are not authorized for wear in uniform. Sunglasses are not permitted while in formation unless you have a medical waiver (e.g., after eye surgery).

Questions: 10 OMRS/SGXE
2355 Facility Dr.
U.S. Air Force Academy, CO 80841
Telephone: (719) 333-5189, Option 4

Dental

Dental treatment as a cadet (and while on active duty) is military entitlement and there is no cost to you for this dental benefit. In accordance with DoDI 6025.19, individual medical readiness is a service member responsibility, and therefore ongoing dental health is a requirement for both cadets and active-duty personnel.

We highly recommend your parents contact their dental insurance carrier and inquire as to whether you may legally remain on their dental health insurance policy while you are a cadet. During your time at the Academy, you do have dental coverage. However, **if you leave the Academy for any reason, including disenrollment for medical condition, the Air Force will no longer be financially responsible for any dental expenses you may**

incur once your identification card expires.

The Academy staff expects that you will arrive at the Academy with no potentially duty-disqualifying dental conditions. Examples of dental conditions that may prevent you from performing optimally include (1) the presence of impacted or erupted wisdom teeth that cannot be maintained in a state of health; (2) cavities that may become emergent problems if not restored immediately; or (3) active orthodontic appliances (braces). **Active orthodontic appliances are a disqualifying condition for Academy admission.** All active orthodontic treatment must be completed, devices removed, and retainers in place (if indicated) prior to entering the Academy. **Permanent fixed and/or removable retainers are authorized so remember to bring your removable retainers (if applicable) with you to the Academy.**

Wisdom teeth may cause lost academic time and possible delays in pilot qualification for cadets. It is highly encouraged for you to visit your family dentist for a thorough dental examination, paying particular attention to the above-mentioned concerns. Correction of all dental defects and removal of wisdom teeth, when indicated, before arriving at the Academy will maximize your dental health, prevent lost academic time, minimize any dental conditions affecting pilot qualifications and go a long way toward ensuring your success as a cadet. If you would like to get ahead of the game and are planning to have a career in aviation or are in collegiate sports, it would be your best interest to consider having your wisdom teeth removed before arrival at the Academy. If your civilian dentist has recommended you have your wisdom teeth removed, we strongly suggest you follow their advice. However, having your wisdom teeth pulled one week prior to arrival is not advised. At minimum, it should be done at least 8 weeks prior to arriving here to allow for appropriate healing time.

If you are on your parents or legal guardians' dental insurance plan, it is recommended you stay on it during your four years at the Academy during your student status. This will allow you to complete any dental care not completed at the Academy Dental Clinic. Due to dental staff manning limitations and your busy academic and military training schedules, the Academy Dental Clinic will not always be able to complete all your dental care. For example, you will receive a dental exam during your in-processing, but you will not receive a dental cleaning. Throughout your four years, we prioritize and complete necessary dental treatment that allows you to successfully finish your academic and military training. The least critical dental treatment that will not affect your academic and military training are our lowest priority and may not be completed at the Academy Dental Clinic due to the limitations mentioned above. It is this type of treatment that we recommend you leverage your parents or legal guardians' dental insurance plan to complete. Our dental team will work with you to coordinate which treatment we will complete in the Academy Dental Clinic and which treatment you can complete with your civilian dentist.

Upon arrival at the Academy, you will commence with a myriad of in-processing actions to include a complete dental exam. We will initiate a completely new dental record on you. There is no need for you to bring your dental records or X-rays from your civilian dentist.

Questions: Dental Clinic 10 DS/SGD
 2355-B Faculty Dr.
 U.S. Air Force Academy, CO 80840
 Telephone: (719) 333-519

Continuation of Medical Insurance Coverage

The TRICARE Prime Benefit is a complete healthcare benefit plan (see page 33, Enrollment into Healthcare). Cadets do not need additional health insurance. If you leave the Academy for any reason, including disenrollment for medical condition, the Air Force will no longer be financially responsible for any medical expenses you may incur once your identification card expires. Ultimately whether to keep a cadet on additional health insurance is a parental decision.



Diet and Food Packages

The Cadet Dining Facility (Mitchell Hall) provides a diet tailored to the strenuous BCT conditioning program. During First BCT you will be offered 3,800-4,000 calories per day, and throughout Second BCT the calories increase to 4000-4500 per day due to the increased physical requirements. Your weight will be monitored by a registered dietician, and you will be provided nutritional supplements should your weight drop by 3% or more. Nutritional counseling is readily available. We request you advise relatives and friends **NOT** to send any food packages until after BCT. **You will not have access to any packages sent to you until after BCT and the academic year has begun.** Also, you will not have access to any nutritional supplements that you brought in your personal belongings.

Each day, three well-balanced meals as well as snacks and electrolyte sports beverages will be served by Mitchell Hall. The dining facility does provide vegetarian menus if required due to religious faiths or for individual convictions during BCT. Vegan menus are not available. Nutritional screening and counseling will be provided to you if you require personal attention. During the academic year, the Cadet Dining Facility offers light and vegetarian menus and accommodates the Muslim faith during Ramadan and Jewish faith during Passover. If you anticipate dietary problems, you are advised to call the Cadet Chaplains Office at (719) 333-2636 before you arrive. For further dietary questions or concerns, please call the Cadet Dining Facility at (719) 333-3663.

Frequently Asked Medical Questions can also be found at <https://www.usafa.edu/parents/medical-and-dental-information/>.

Physical Fitness

You need to be in the best possible physical condition when you arrive.

Keep in mind that your **Academy physical conditioning will take place at an elevation of 7,250 feet**. Although there is no way to recreate this feeling at lower elevations, it is important to understand that your physical training (PT) sessions will feel more difficult at the Academy. However, if you achieve a high level of fitness prior to arrival, you can expect significantly greater success during BCT. Plan to arrive at the Academy well rested. Try to develop a sleeping habit of both going to bed early and rising early.

In preparation, you are hereby challenged to complete the below **8-week training program** developed specifically to prepare you for the PT sessions you will complete during BCT. The calendar below lists specific workouts that can be found in Annex A of this document.

- The BCT preparation program is 8 weeks in length, consisting of 40 total training sessions. Academy medical personnel recommend starting physical conditioning training 12 weeks before arrival to BCT. It is recommended your total activity is greater than 10,000 steps per day to ensure you are readying your body for the strenuous and high-impact type exercises you will do during BCT.
- You will train 4-6 days per week, progressively increasing frequency from week 1 to week 7.
- These sessions are very similar to what you will be completing during BCT PT; get comfortable with the format and sequence of exercises as this will help ensure you are optimally prepared.
- Training will consist of calisthenics, anaerobic, and aerobic sessions.
- Complete the corresponding training session for each day; do **NOT** complete multiple sessions in the same day.
- There is video demonstration links embedded within each training session; use these to learn the proper technical execution for each movement.
- Do NOT add additional exercises or alter sets, repetitions, and or running/rest times.

*Please complete all training sessions in comfortable athletic shoes.
You will be able to use athletic shoes during BCT.*

PT Training Schedule

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week #1	OFF	Calisthenics Day #1	Anaerobic Day #1	OFF	Calisthenics Day #2	Aerobic Day #1	OFF
Week #2	OFF	Calisthenics Day #3	Anaerobic Day #2	OFF	Calisthenics Day #4	Aerobic Day #2	OFF
Week #3	OFF	Aerobic Day #3	Calisthenics Day #5	OFF	Anaerobic Day #3	Aerobic Day #4	Calisthenics Day #6
Week #4	OFF	Aerobic Day #5	Calisthenics Day #7	OFF	Anaerobic Day #4	Aerobic Day #6	Calisthenics Day #8
Week #5	OFF	Aerobic Day #7	Calisthenics Day #9	Anaerobic Day #5	Aerobic Day #8	Calisthenics Day #10	Aerobic Day #9
Week #6	OFF	Aerobic Day #10	Calisthenics Day #11	Anaerobic Day #6	Aerobic Day #11	Calisthenics Day #12	Aerobic Day #12
Week #7	OFF	Aerobic Day #13	Calisthenics Day #13	Anaerobic Day #7	Aerobic Day #14	Calisthenics Day #14	Aerobic Day #15
Week #8	OFF	Calisthenics Day #15	Anaerobic Day #8	OFF	Calisthenics Day #16	Aerobic Day #16	OFF



In Annex A, you will find a workout as well as warm-up and cool-down. There are also video demonstrations attached for you to learn the correct movements and form. Remember, BCT includes designated PT time intended to provide you with a world-class physical development program. Physical development is taking a systematic, sequential, and progressive training approach to increase your physical capacities, improve your aerobic fitness test/physical fitness test scores, reduce the likelihood of injury, and develop holistic health and wellbeing. PT is not intended to “beat,” discipline, or even to motivate you. You must view PT as an opportunity for your personal development; to prepare physically, mentally, and emotionally for the challenges that lie ahead over the course of your time at the Academy. It is paramount that you arrive for BCT in the best possible physical condition to ensure you are optimally prepared to THRIVE instead of merely surviving.

There are a few philosophical concepts we want you to understand before you start training for BCT:

- **Intent.** You must bring energy, effort, and intensity to your training; you must go hard.
- **Quality over quantity.** More is not better, better is better; you must ensure the technical execution of all movements is perfect.
- **Consistency.** You must demonstrate consistency by completing all your training sessions on the designated days; while training is not always fun, routine and repetition are essential in achieving desired outcomes.
- **Accountability.** You, and you only, are responsible for your physical condition upon arrival at BCT; be in shape and be ready to go, there are no excuses.

Questions: Directorate of Athletics, Fitness and Testing Division, HQ USAFA/ADPT
2170 Fieldhouse Drive
U.S. Air Force Academy, CO 80840-9500
Telephone: (719) 333-2340

Aerobic Fitness Test (AFT) Standards for Men and Women			
Men's Time	Points	Grade	Women's Time
8:24	475+	4.0	9:39
8:52	451+	3.7	10:15
9:04	426+	3.3	10:26
9:22	400+	3.0	10:53
9:46	371+	2.7	11:28
10:32	291+	2.3	12:44
11:15	250+	2.0	13:31
11:55	226+	1.7	13:54
12:25	200+	1.0	14:17
12:26	<199	0.0	14:18

Physical Fitness Test (PFT) Standards for Women:									
Pullups		Long Jump		Sit-Ups		Pushups		600 YD Run	
Raw Score	Score	Raw Score	Score	Raw Score	Score	Raw Score	Score	Raw Score	Score
8	100	7'02"	100	95	100	48	100	1:53	100
5	67	6'08"	71	83	74	38	73	2:02	74
3	50	6'03"	50	71	50	29	50	2:12	50
1	25	5'09"	25	58	25	18	25	2:23	25
0	0	5'00"	0	42	0	4	0	2:34	0

Physical Fitness Test (PFT) Standards for Men:									
Pullups		Long Jump		Sit-Ups		Pushups		600 YD Run	
Raw Score	Score	Raw Score	Score	Raw Score	Score	Raw Score	Score	Raw Score	Score
21	100	8'08"	100	95	100	72	100	1:35	100
16	71	8'01"	72	83	74	60	74	1:43	75
12	50	7'07"	50	71	50	48	50	1:53	50
7	25	7'00"	25	58	25	35	25	2:03	25
0	0	6'01"	0	42	0	18	0	2:13	0

To help judge your fitness level prior to arriving we've provided the PFT and AFT scores (above). You will take the PFT and AFT once each semester and these scores contribute to a cadet's physical education (PE) average. The PEA is like a grade point average for fitness. You must maintain minimum fitness standards to be a cadet in good standing and graduate from the Academy. Arriving for BCT in shape, ready to achieve at least the average scores shown above, will better prepare you to complete the physical requirements of BCT. The PFT events are performed consecutively on a three-minute interval (two minutes per event and one minute to rest and transition to the next event.) The PFT and AFT will be administered during the first two weeks of BCT and then again in the BCT program. These results will categorize your readiness status for meeting Cadet Wing fitness standards.

Physical Fitness during the Academic Year

Physical fitness is an integral part of the Academy's core curriculum and is critical to the overall development of the Academy's institutional outcome of Warrior Ethos. All cadets must complete 5.0 semester hours (ten 0.5 semester hour courses) of physical education credit over your four academic years, with at least one PE course in each of the eight semesters. Mandatory core requirements for you (including intercollegiate athletes), are: three combative courses (boxing, combative I & II), two aquatics courses (swimming and water survival), and one physical development course. There are also a variety of individual and team lifetime electives offered, and remedial courses for you if you lack requisite core skills. Physical education courses are "for credit" with earned grades contributing to your academic Grade Point Average (GPA), Physical Education Average (PEA), and the overall performance average. Participation in intramurals, clubs, or intercollegiate athletics is also required in each of the eight academic semesters.

Questions: Department of Physical Education, HQ USAFA/ADP
Telephone: (719) 333-9295

Swimming Ability

You should have at least a basic swimming ability and be willing to attempt a 250-yard continuous swim and executing a jump from a minimum of 5-meter height into (18 foot) deep water. Aquatic screening will take place during BCT and those who lack this skill will be placed in beginning swim classes in their first or second year at the Academy.

Air Force Academy Body Composition Standards

Unless you receive a waiver, **YOU MUST** meet Academy body composition standards on entry to BCT and throughout your cadet career. If you are above the maximum or below the minimum body measurement index screening weight you will be taped to determine body composition. Unless authorized a temporary body fat adjustment, male cadets above the 25.0 kg/m² and 20% body fat maximum, and female cadets above the 25.0 kg/m² and 28% body fat maximum will be entered into a body composition improvement program. If you are below the 19.0 kg/m² minimum BMI, the squadron commander will provide their body composition measurements to the Cadet Clinic for a health assessment review (reference USAFA Instruction 36-2002, Cadet Body Composition and Fitness Programs).

Air Force Academy Body Mass Index (BMI) Screening Tables

Represents Maximum Allowable Weights for USAFA Cadets BMI of 25.0 kg/m ² (regardless of age or sex)																							
Height (inches)	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80
Weight (pounds)	119	124	128	132	136	141	145	150	155	159	164	169	174	179	184	189	194	200	205	210	216	221	227

Represents Minimum Allowable Weights for USAFA Cadets BMI of 19.0 kg/m ² (regardless of age or sex)																							
Height (inches)	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80
Weight (pounds)	91	94	97	100	104	107	110	114	117	121	125	128	132	136	140	144	148	152	156	160	164	168	173

Basic Cadet Training

The mission of the BCT Program is to develop you into a highly disciplined, physically fit fourth-class cadet ready to be accepted into the Cadet Wing. It will be in your best interest to show up in shape and ready to undertake this challenge.

You will be assigned to one of eight basic cadet squadrons. The upper-class cadets who work BCT will teach you military discipline and decorum. You will learn Air Force heritage, customs and courtesies, regulations, marching and drill, and how to live by the cadet honor code. You will increase your alertness, physical endurance, emotional stability, self-reliance, and individual initiative. Also, you will continually experience rigorous discipline and the need for attention to detail and punctuality.

Taking orders from upper-class cadets, who are about the same age or sometimes younger than you, may be difficult at first; however, these upper-class cadets have the authority and responsibility to train and discipline you as a new cadet, and they will learn to lead while you learn to follow. **Remember, you'll be going through the same experiences they've already been through.**

You must stand at attention and address all staff members and members of the upper-class as “sir” or “ma’am.” You, in turn, will be addressed as “basic cadet” with your last name (i.e., Basic Cadet Jones).

The daily schedule during Basic Cadet Training will enable you to exercise effective use of time management. You will wake up at 5 a.m. (sometimes earlier) and bed-down at 9 p.m. Each day is filled with scheduled training activities.

Some time is built into your daily schedule to relax for a very brief period, and every morning and evening, there is time to shower and attend to personal hygiene. For a short time, just before lights out, you may study, write letters, journals, or prepare for the next day's training. Adequate time is allowed for sleep, meals, breaks, and religious worship.



You will dress in the same uniform as all other basic cadets. Male basic cadets will receive two short haircuts during BCT for uniformity and hygiene reasons. Female basic cadet's hair will be styled to meet Air Force Academy requirements. Even after BCT, all cadets must have a standard military haircut or style. There is a cadet beauty shop and two cadet barbershops available in the Cadet Area.

During most BCT, you will wear an OCP or blues for military training and blue shorts and white T-shirts for exercising and intramural sports competitions. As a basic cadet and throughout your fourth-class year, you are not allowed to wear civilian clothes until approved by the Cadet Wing commander, sometime after recognition and promotion (approximately in April).

If you have trouble adjusting to BCT, you are encouraged to ask for assistance from your cadet chain-of-command, your Commander, your Academy military trainer(s), the Peak Performance Center, or a chaplain. **All the Academy Helping Agencies can be found on the bottom of the official Academy webpage under CAMPUS.** The direct link is <https://www.usafa.edu/helping-agencies/>.

Upper-class cadets in each BCT squadron are trained to help by providing peer counseling. Above all, you should discuss any adjustment problems as soon as possible.

It is normal for almost everyone to get "cold feet" at the early stages of this challenging milestone in your military career and impulsively want to quit. **We believe it is best for you to NOT make an impulsive decision that will have a huge impact on your life.**

While this transition may sound difficult, it is a positive experience, and before it is all over, you will be thankful for it. You cannot imagine the positive change you will see in yourself!

Parent or Guardian Contact During BCT

During BCT, your parents and friends are not allowed to call or visit you. You will get a phone call at the end of In-Processing Day to inform your parents/guardians that you have arrived and begun your BCT journey. You will be instructed to write home immediately after arriving to give your parents/guardians an update on your status. Additionally, you will get 1-2 phone calls for the remainder of BCT, squadrons vary when these occur. The Cadet Wing leadership requests that all questions and concerns from parents during BCT be directed to the Academy Parent Liaison Team. The answers to many parent questions can be found by checking the Academy Parent webpage at <http://www.usafa.edu/parents>.

If the Parent Liaison Team (USAFA.Parent.Liaison@afacademy.af.edu; (719) 333-3828) cannot be contacted in an emergency, your parents can reach you by calling the Cadet Wing Command Center at (719) 333-2910, 2911 or 2912 (only for emergencies, no social calls please).

Photo Coverage of BCT

Academy public affairs operations, Cadet Wing media and the Association of Graduates provide photo coverage of most aspects of BCT.

The Academy's public affairs operations office provides information to the installation and the public. One of the ways we do this is through social media venues such as Facebook, Flickr, Twitter, Instagram and YouTube. All information provided is official. Social media links are located at the bottom of the Academy homepage, <https://www.usafa.edu>.

Creative Services also take official pictures and these photos are free. You can find them on the Academy's Flickr page at https://www.flickr.com/photos/af_academy/albums located at the bottom of <https://www.usafa.edu> webpage.

The Academy Association of Graduates also provides pictures to members during BCT, and all year, via the WebGuy Program website as part of their family plan membership. If you want to become a member of the AOG, please go to <http://www.usafawebguy.com/membership>.

Basic Cadet Day Out (BDO)

Basic Cadet Day Out is an integral part of BCT. On BDO, you will be assigned a local host/sponsor family for the day (recruited athletes will be assigned to their coaches). BDO host families are registered families who live in the greater Colorado Springs area, within 50 miles of the Academy. Most BDO host families become academic year sponsor families, but some may only host basic cadets on BDO. If you like your host family, ask them if they would sponsor you during the academic year. If they agree, they should contact the cadet sponsor office with a by-name email request at cadet.sponsor@afacademy.af.edu. You will have about 2 weeks from BDO to send a by-name or special request to the cadet sponsor office for the sponsor family.

BDO host family assignment letters will be given to you the day prior to the BDO, and you will be reminded to hand-carry the letter with you to the pick-up area. Additionally, you will normally be given your cellphone either the night prior or the morning of BDO. You will be instructed NOT to use your cell phone while in the BDO pick-up area, nor in the car with host families. Time in the car should be used to chat with the family and get to know them.

On BDO, you are released only to your registered host family and are not authorized to be picked up or dropped off with family or friends at any time during the day. This is strictly prohibited and will result in serious consequences. You will be informed of these restrictions prior to release, and your host family will be aware they cannot release you to anyone during the day.

Parents living within 50 miles of the Academy who wish to host you on BDO and/or become your official sponsor, may register to be a host/sponsor family starting in May. Only registered families with proper credentials will be allowed into the BDO pick-up area. If you are not feeling well on BDO, you will remain in the Cadet Area with cadre/BCT supervisors. We encourage you to pass host/sponsor families' names and contact info to your parents. Neither the cadet sponsor office nor the parent liaison team are authorized to release that information.

Non-sponsor parents should NOT visit the Academy on BDO in hopes of spending the day with you. BDO is considered a BCT event and not a "day off." The appropriate times for parents to visit are the Acceptance Day Parade or Parents' Weekend.

Questions: Cadet Sponsor Office, CW/CWS
2354 Faculty Dr.
U.S. Air Force Academy, CO 80840
Telephone: (719) 333-2727
Email: cadet.sponsor@afacademy.af.edu



Looking Beyond BCT

Once you finish BCT, you can look forward to starting your school year and continuing to learn military standards. See below for some information on what to expect.

Typical Cadet's Day

During the academic year, from early August through May, you will have a busy schedule of classes, study periods, military training, and athletic participation. Your mornings will start early - often around 6:00 a.m. - so that you can put your room in order, dress in the cadet uniform of the day, and have time for breakfast. You may also have morning formation or training before heading to academic classes.

There are four morning academic class periods before lunch. After the morning class periods, squadrons march to lunch and have 20 minutes to eat. Afterward, there is a period for military training or academic study, followed by two afternoon academic class periods. When the academic day is done, you will have athletics or unit fitness time, and personnel development time during which you can participate in extracurricular activities. Evening mealtime is between 5-8pm and time is set aside each night for squadron administration and for academic study. Your day ends with Taps and lights out at 11 p.m. Most cadets find that there is limited time during the day to complete all their assignments and fulfill all their responsibilities. You will learn that time management and prioritization skills are critical for success.

Rooms in the two dormitories are similar. There are normally two or three cadets per room, and each cadet has their own twin-sized bed, dresser, and desk. There is a proper location for everything you are allowed to have in your room, and you will be expected to keep your room in perfect order. Bi-weekly "casual" room inspections ensure you meet standards while frequent (1 per month) formal room and uniform inspections are guaranteed to teach you the meaning of "attention to detail." In addition to keeping your room clean, you are also required to maintain a perfect uniform. You will learn the intricacies of ironing and keeping your shoes shined every day.

Weekends

Generally, six to seven Saturdays are devoted to military training per semester (Silver Weekends). Training is from Friday afternoon through Saturday afternoon or evening. Activities during this time include room and uniform inspections, parades, marching practice, military briefings, guest speakers, and professional military education and training. During these training weekends, you will prioritize accomplishing training objectives with your squadron and the overall Cadet Wing. On non-training weekends (Blue Weekends), you will be permitted to leave the Academy if you have a pass to use. The Academy uses passes as permission for cadets to leave the Academy during off-duty periods. The number of individual passes you have will depend on your class year and your overall squadron performance. Passes are gradually increased by class in recognition of added maturity and responsibility. You can find more information on passes and leave periods on the official U.S. Air Force Academy website under Cadet Life: <https://www.usafa.edu/cadet-life/faq/>.

Summer

Summers are broken into three 3-week periods. One of those 3-week periods will be "summer break" and the other two will consist of military training or leadership experience in programs at USAFA. There are also opportunities for language enrichment, academic research, and academic programs over the summer. The summer daily schedule will vary depending on your summer program, but you will generally be busy throughout the day.

During thirdclass summer (the summer after freshman year) every cadet will participate in three weeks of military training and may be afforded the opportunity to participate in free-fall parachuting or soloing in a glider in addition to three weeks of break.

During secondclass summer (the summer after sophomore year) opportunities for leadership open as cadre for Basic Cadet Training or other military training courses. There are also research, language immersion, and other special interest opportunities available in addition to three weeks of break.

During firstclass summer (the summer after junior year) opportunities for leadership in military courses continue, along with research, language immersion and special interest opportunities in addition to three weeks of break.

Summer schedules are typically released by Spring Break, to allow cadets and families to plan their summers. The three-week break periods are assigned according to program needs, except for once in a lifetime family events for which cadets may request a specific break period. These requests will be considered, but not guaranteed, and should be for events such as the wedding of an immediate family member, family vacations such as a cruise or other event where tickets must be bought well in advance, family reunions or retirement or memorial services.

Leave (Vacation)

You will receive approximately five days of leave each Thanksgiving, two weeks for winter break, one week during the spring semester, and three weeks of summer leave during each of your upper-class summers, depending on your summer training programs. If you are deficient in academics or athletics, you may be directed to participate in specific programs in lieu of summer leave. Cadets **must** pay their own transportation costs during these breaks. The 10th Force Support Squadron provides a round-trip shuttle (for a cost) to both the Colorado Springs and Denver airports for breaks during the academic year (not to include summer break). Information on shuttles will be sent out by the parent liaison team to the local Academy parent clubs when schedules are finalized.

Aviation, Airmanship, and Space Programs

A very large part of the Academy experience involves flying, unmanned aerial systems, and space courses. You can volunteer to enroll in a soaring course, where you can pilot a glider and have the chance to solo. You will also have an opportunity to take an elective course in free-fall parachuting, complete five free-fall parachute jumps, and receive your basic military jump wings. The powered flight program allows you the opportunity to fly a T-53 with instructor pilots for either a four-flight basic airmanship program or a 10-flight program, where you have a chance to fly solo. You can also volunteer for the elective space course to learn about current U.S. Air Force and U.S. Space Force mission areas with hands-on experience and the opportunity to upgrade to a certified ground station operator for the Academy's own satellite, FalconSAT. Additionally, you may be able to explore one of the newest areas of Air Force operations by planning and piloting unmanned aerial systems over the Academy reservation.

Other aviation courses offered vary, ranging from a course on Air Force combat operations to courses designed to prepare you to excel at specialized undergraduate pilot training. We even offer select cadets a chance to serve as cadet aviation instructors, where they gain invaluable leadership experience both in the air and on the ground. If you demonstrate high levels of ability in airmanship programs, you can compete at the intercollegiate level. All the cadet aviation teams are nationally recognized and perennially earn top honors. These teams also conduct demonstrations at public events, nationally and internationally.

Cadet Drum and Bugle Corps

Since 1971, the USAF Academy Cadet Drum and Bugle Corps, nicknamed the “Flight of Sound,” has entertained more than 100 million people nationwide with exciting performances. The Corps is a combination of military precision and live music, performing an average of 100 times per year. They are known as one of the Academy’s ambassadors of musical excellence along with the USAF Academy Band.

The mission of the Corps is two-fold: support Cadet Wing events and public relations. The Corps performs at Academy home and away football games, travels for parades, and supports ceremonial functions. Past parade appearances include presidential inaugurations, the New York City Macy’s Thanksgiving Day Parade, Mardi Gras in New Orleans, and the Tournament of Roses parade in Pasadena, California. In addition, the Corps traveled to Aspen and Keystone ski resorts here in Colorado to perform at various functions while enjoying skiing opportunities.

You are permitted and encouraged to participate in the Drum and Bugle Corps. You will be allowed to travel with the Corps to all football games and performances away from the Academy with the possibility of travelling to a bowl game. Auditions for the Corps will be held immediately following BCT.

If you have ever played any musical instrument, even if it was a few years ago and you stopped, the Corps can use you! Reading music is the Corps’ biggest desire. The brass section consists of trumpet, F mellophone (French horn), baritone (trombone), euphonium, and tuba. The drum line includes snares, tenors, bass drums, and cymbals. Woodwind/string players are also welcome as the transition to a brass or percussion instrument can be quick. You may audition/interview and will be given instructions. All instruments are provided to you.

If you are interested in Corps, please fill out the Drum and Bugle Corps form located in Annex B of this handbook. For questions, please contact the Drum and Bugle Corps director at drum.bugle@afacademy.af.edu. See [Annex B](#) in this guide for more information.



Academic Programs

The Academy's academic program is a major element of preparation for your chosen profession. While every cadet must complete a prescribed minimum academic program, your individual background and ability may offer you additional opportunities. **Prior to arrival, you'll take a mathematics placement exam. During your first week at the Academy, you will take placement exams in general chemistry and foreign language.** These exams will determine whether we can give you validation credit or place you in advanced or accelerated courses. If you have completed a college course, completed a high school course at college level, or have special preparation through self-study, you may attempt to earn transfer credit or validate other subjects by exam. If you have taken any advanced placement (AP) tests as part of your AP coursework or international baccalaureate tests, please ask that the results be reported to the Academy at HQ USAFA/DFVR, 2354 Fairchild Dr., Suite 2G13, U.S. Air Force Academy, CO 80840-6210. Our AP and IB test score validation table is located on page 69 of the Course of Instruction Handbook. The Course of Instruction Handbook can be found on the USAFA website at <https://www.usafa.edu/academics/registrar/curriculum/> as well as information on transfer credit for previous college-level coursework. If you review your recent courses and textbooks, it will help you do well on the placement exams.

The Course of Instruction Handbook also provides in-depth descriptions of Academy academic programs, majors, and minors. Validation credit for AP and IB scores occurs automatically if AP and IB scores are reported directly to the Academy from the college board at the student's request. If AP or IB scores are not sent to the Academy from the college board, cadets must bring an official copy of the relevant score to the Office of Student Academic Affairs and Academy Registrar. More information on the divisions, departments, and programs can be found at <https://www.usafa.edu/Academics/departments/>.

Questions: Student Academic Affairs & Academy Registrar, HQ USAFA/DFVR
2354 Fairchild Dr., Suite 2G13
U.S. Air Force Academy, CO 80840-6210
Telephone: (719) 333-3970
Email: dfvr.customerservice@afacademy.af.edu

Academic Success Center

The Academic Success Center (ASC) is here to help you thrive at the U.S. Air Force Academy by providing personalized, faculty-led support in critical thinking, Science, Technology, Engineering, and Math (STEM) and communication literacy, and effective learning strategies. As a cadet, you'll take on USAFA's rigorous academic programs, and the ASC is designed to ensure you have the tools and guidance to succeed. Whether you're tackling complex problem-solving in Calculus, Physics, Chemistry, or Engineering Mechanics at the Quantitative Reasoning Center (QRC)—where professors assist with everything from homework strategies to test preparation and conceptual understanding—sharpening your writing and public speaking skills through the Communication Strategies Center (CSC), or refining your study habits with Strategies for Academic Success (SAS), the ASC offers expert support tailored to your needs. The SAS program also provides specialized assistance for English as a Second Language (ESL) cadets and international students through English for Academic Purposes (EAP), helping them strengthen reading, writing, and communication skills essential for success at the Academy. If you're looking to enhance your academic performance, build confidence in written and oral communication, or develop strategies for more efficient learning, this is the place to do it. The ASC isn't just for those struggling—it's for every cadet who wants to push themselves further and maximize their potential. See the Academic Success Center link for more information: <https://www.usafa.edu/academics/academic-success-center/>.

Questions: Academic Success Center
2354 Fairchild Dr., Suite 1A18
U.S. Air Force Academy, CO 80840
Telephone: (719) 333-6834



Character and Leadership

Building Leaders of Character

Character development is essential to the Academy's mission "to forge leaders of character, motivated to a lifetime of service, and developed to lead our Air Force and Space Force as we fight and win our Nation's wars." Leaders of character demonstrate moral excellence reflected in their values and behaviors. They set a personal example for all, whether in their units, organizations, or society. A leader of character is defined as someone who respects the dignity of others and practices habits consistent with the Air Force core values by: Integrity First, Service Before Self, and Excellence in All We Do. The Space Force core values are Character, Connection, Commitment, and Courage. To that end, we seek to ensure each graduate enters the Air Force or Space Force with a unique combination of education, training, and experiences including military, academic, athletic, and ethical, designed to develop leaders of character with specific qualities. The character development curriculum begins during BCT and continues throughout the four-year course of instruction. You will have numerous opportunities to engage in purposeful experiences and practice habits of thought and action so you can meet future challenges with dedication, sacrifice, stamina, and courage.

Living Honorably

The Cadet Honor Code simply states, **"We will not lie, steal, or cheat, nor tolerate among us anyone who does,"** while the oath includes, **"furthermore, I resolve to do my duty and to live honorably, (so help me God)."** This is the foundation of the Academy experience.

Developing outstanding character is a crucial part of an Academy education. At its foundation are the Academy Honor Code and It signifies a commitment to live by our core values—Integrity First, Service Before Self, and Excellence in All We Do. The Space Force core values are Character, Connection, Commitment, and Courage. Our core values form the centerpiece of a cadet's ethical standards. These special standards of good conduct are inexorably tied to the military profession's unique demand for self-discipline, stamina, courage, and selfless service to the nation. We seek to establish an environment that fosters an attitude of respect, and more specifically, mutual respect. Mutual respect is the top-down and bottom-up respect between and for each person, not just their position.

The goal of the honor code and oath at the Academy is for you to pursue a path of living honorably. Living under the honor code demands complete integrity in word and deed. You are accountable to yourself and other cadets. You are expected to report any honor code violation. The honor code is the minimum standard expected of you.

Honor Education

The USAFA Honor Code: A Foundation of Integrity and Trust

As an appointee to the United States Air Force Academy (USAFA), you are about to embark on a journey that will challenge you to grow as a leader of character. At the core of this journey is the Honor Code, which states:

“We will not lie, steal, or cheat, nor tolerate among us anyone who does.”

Adopted by the first graduating class in 1955, the Honor Code is more than a set of rules—it is a commitment to uphold integrity, a defining characteristic of officers in the United States Air Force and Space Force. This Code establishes the minimum ethical standard to which all cadets are held, fostering trust within the Cadet Wing and the profession of arms.

The Spirit of the Code: Living Honorably

Beyond the words of the Code lies its deeper meaning in the Spirit of the Code:

“Do the right thing and live honorably.”

This embodies a commitment to consistently practicing the virtues that uphold the Core Values of the Air Force: **Integrity First, Service Before Self, and Excellence in All We Do** and Space Force: **Character, Connection, Commitment, and Courage**. Living honorably means choosing the right path, even when no one is watching, and fostering a culture of mutual trust and respect among your fellow cadets and future service members.

Why the Honor Code Matters

The Honor Code is fundamental to the Academy's mission of developing officers of character. It cultivates an environment of trust where cadets hold themselves and each other accountable. By taking the Honor Oath on Acceptance Day, you affirm your dedication to upholding the highest standards of integrity:

**“We will not lie, steal, or cheat, nor tolerate among us anyone who does.
Furthermore, I resolve to do my duty and to live honorably, (so help me God).”**

Every appointee must understand that accepting a place at USAFA means choosing to live by this Code. The responsibility to uphold and protect the Honor Code is not optional. It is a core expectation of every cadet and future officer. Violating the Code, or tolerating those who do, erodes the trust that is essential in military service.

Your Commitment Starts Now

As you prepare for your arrival at USAFA, reflect on what it means to be a person of integrity and honor. The habits you develop here will define your character and shape your career as an officer. Upholding the Honor Code is not merely about avoiding dishonorable actions; it is about striving every day to be the best version of yourself on your journey to becoming an officer worthy of the trust placed in you by your nation and your fellow Airmen and Guardians.

Welcome to the Long Blue Line. Your journey toward becoming a leader of character begins with your commitment to honor.

The Center for Character and Leadership Development (CCLD)

The Center for Character and Leadership Development serves the U.S. Air Force Academy by advancing the development of leaders of character for our Nation. CCLD is responsible for a broad range of activities, with a singular focus on character and leadership development. The CCLD partners with teams across the Academy to integrate character and leadership development into the 47-month course of instruction CCLD's programs and efforts directly influence your development as a leader of character, not just as you walk across the graduation stage, but also as you enter into the Air Force and Space Force ready to lead one day one in the face of a dynamic environment. The Leader of Character Framework exists to help guide your development to possess the attributes necessary to fulfill the nation's expectations in service as officers and citizens. It underpins and reinforces each of the Academy institutional outcomes and provides a platform for the growth of life-long leadership. The framework's purpose is to provide all Academy personnel, military and civilian, with a deliberate, flexible, and foundational conceptual framework to use in developing themselves and others as leaders of character who live honorably, lift others, and elevate performance.

At the core of character and leadership development, the Leader of Character Framework outlines what a leader of character is and guides your developmental journey to embody the values, virtues, knowledge, and skills necessary to fulfill the nation's expectations in service as officers and citizens. The framework underpins and reinforces each of the Academy's priorities and institutional outcomes and provides a platform for the growth of life-long leadership. The framework provides all Academy personnel, military and civilian, with a deliberate, flexible, and foundational conceptual framework to use in developing themselves and others as leaders of character who live honorably, lift others, and elevate performance.

The CCLD is in the iconic Polaris Hall, with its center 105-foot tower pointing toward the North Star — a visible symbol of our commitment to following one's moral compass. Our programs include cadet development sessions and our world-class National Character and Leadership Symposium (NCLS) each February. NCLS connects cadets and staff to inspirational speakers from around the globe, sparking conversations and reflections about what it means to lead with character. In addition, the CCLD oversees the Outdoor Leadership Complex, publishes the Journal of Character and Leadership Development, and sends cadets to character and leadership conferences around the nation. The CCLD also advises the Academy's senior leaders and curriculum writers on matters of character and leadership development. Much of our behind-the-scenes work involves integrating learning experiences so that our military, academic, athletic, and aviation programs are synchronized to produce leaders of character for our Nation.

Questions: CW/CCLD
2300 Cadet Dr., Suite 300
U.S. Air Force Academy, CO 80840
Telephone: (719) 333-4904

Chapel Programs

The Academy provides many chapel programs for you while you are here. We invite you to take advantage of the programs that interest you while you are here. More information on the chapel programs can be found at <https://www.usafa.edu/facilities/cadet-chapel/>.

Questions: Cadet Chaplains Corps, HQ USAFA/HCX
2348 Sijan Dr., Suite 100
U.S. Air Force Academy, CO 80840
Telephone: (719) 333-2636

Religious Services

The wing chaplain's office offers weekly religious services, including but not limited to Buddhist, Catholic, Earth Centered, Islamic, Jewish, Orthodox Christian, and Protestant services. During BCT, there are religious services available throughout the week. For worship services and times, or if there is an opportunity you would like to be active in that is not listed, contact the cadet chapel office at (719) 333-2636. There will be services while the cadet chapel is closed for renovation.

Special Programs in Religious Education

Each Monday evening, a variety of religious education classes are offered by the chapel staff and ministry partners. Classes combine study and discussion with fellowship activities. Special Programs in Religious Education (SPIRE) are open to all cadets.

Chapel Choirs

There are a few faith group choirs sponsored by the wing chaplain's office. The primary mission of the chapel choirs is to provide a variety of music at worship services and to represent the Academy in local and national appearances.

Cadet Interreligious Council

Each major faith group has cadet representation on the inter-religious council. This council assists the wing chaplains with meeting cadets' religious accommodation requests and planning inclusive programs that foster a healthy religious climate at the Academy. The members of this council provide invaluable feedback and recommendations to the wing chaplains' office to provide pastoral care and formative religious opportunities for cadets. In addition, the cadet interreligious council brings cadets together in interfaith community service as well as increased dialogue and interfaith discussions to continue improving the religious climate at the Academy.

Weekend Retreats

Off-campus retreats and weekend conferences are a very important part of the cadet chapel's program. The Four Degree Retreat is an opportunity to reflect upon their BCT experience and their hopes and plans.

Counseling and Ministry of Presence

During BCT, you will see religious support teams (RST) who are comprised of chaplains and religious affairs airmen, throughout all your activities. During the academic year, RSTs are readily accessible and available for **100% confidential counseling**. Each of the four cadet groups has an assigned RST to support you and meet your concerns at any time. Additionally, you can meet with your RST to use them as a sounding board for life issues in general or seek their guidance in coping with life stressors.

The cadet chaplain corps team provides religious support and spiritual care. They ensure you have opportunities to exercise your constitutional right to the free exercise of religion. Each chaplain ministers not only to the religious needs of cadets who identify with any denomination or faith group, but also to every cadet who seeks assistance with the free exercise of religion, personal problems, questions of faith, or any kind of issue that needs confidential discussion. **Counselees enjoy total and absolute 100% confidentiality – information shared in counseling sessions may not be released without the written consent of the counselee. This is a privilege that only applies to counseling with either chaplain or religious affairs, and to no other counseling services in the military.**

Religious Accommodations

The Department of the Air Force places a high value on the rights of Airmen, Guardians, cadets, and cadet candidates to observe the tenets of their respective religions or to observe no religion at all. Mutual respect and human dignity are essential to our environment, and we want you to reach your highest potential. Here at the Academy, we create an environment in which you are free to practice your religious or secular worldview. Therefore, you may request religious accommodation by submitting an exception to policy from the dress, appearance, and immunization policies.

For requests prior to In-Processing Day, you must submit a letter addressed to the Academy Superintendent and letter(s) requesting the accommodation. If you would like to submit a request, please contact the Admissions office at admissionspreaccessionexemptions@afacademy.af.edu.

Required letters are at Appendix C of this document. You must submit the first letter, "Pre-Accession Religious Accommodations Requests Statement of Understanding" acknowledging the conditions of accommodation. You must also submit either the second letter, the third letter, or both to specify the type of accommodation(s). These letters are titled "Pre-accession Religious Accommodation Uniform Template" and "Pre-accession Religious Accommodation Vaccine Template". Adjust the templates to your personal circumstances and submit them to the contact email above when you send your accommodation request to Admissions. You will be contacted by an Admissions representative for an interview intake and receive further guidance for scheduling of other required interviews (Chaplain and Immunizations if required).

Do not delay. This process may take 45 days or longer. If not completed by in-processing, you will be required to comply with Air Force standards until a final decision is made.

Chaplain Corps Vision

Every Warfighter...Spiritually Fit.

Chaplain Corps Mission

To inspire the spirit of the Warfighter through: Religious Accommodations, Spiritual Fitness, and Leadership Advisement.



Cadet Clubs

The Cadet Club Program provides cadets with opportunities to explore interests beyond the formal Academy curriculum, offering over 100 clubs that focus on professional development, leadership, and essential skills for future officers. This program promotes personal growth, teamwork, and leisure, with all basic cadets having the chance to discover their interests at the Clubs Information Fair just before the Academic Year begins.

Finance and Fee Information

The Academy financial services office provides services for your different financial questions. Please see more information next on the different programs.

Questions: U.S. Air Force Academy Financial Service Office, HQ USAFA/FMF
5136 Eagle Dr.
U.S. Air Force Academy, CO 80840-5035
Telephone: (719) 333-6982
Email: USAFAM.FMF.CadetPay@us.af.mil

Discretionary Money

You should bring discretionary money of approximately \$275 plus any anticipated travel funds. This will allow you to purchase items such as toiletries, cleaning supplies, ironing board, etc. at the Cadet Store prior to the first payday estimated August 1, 2026. The Cadet Store does take credit cards.

Financial In-Processing

During your first couple weeks at the United States Air Force Academy, you will work with a Cadet Pay financial team member to complete payroll documents to establish your pay record, and a travel claim to reimburse your travel. To expedite your pay record, please ensure you have your bank account number and routing number readily accessible. To receive travel reimbursement: please bring a copy of your airline tickets/receipts, lodging receipts, and receipts for any expense \$75 or more.

Basic Pay/Advance of Pay

You will earn \$1,399.80 per month for basic pay. This is to cover most school-related expenses. Since most expenses are incurred within the first eight months (uniforms, computers, textbooks, etc.), you will receive an advance of basic pay to cover these mandatory expenses. The advance pay is automatically paid back via payroll deduction over two years. While attending the United States Air Force Academy, you may apply outside earned scholarships to pay off the advance early. A 529 Educational Plan may also be utilized, however the funding cannot be accepted/received directly from the financial institution, as the United States Air Force Academy does not operate a financial aid office. Rather, please consult your financial, tax, or legal advisor prior to moving around any 529 funding. Any scholarship or 529 check received before 1 September 2026 will be returned to the sender until pay records are established.

More financial frequently asked questions can be found on the Academy Parent webpage under the frequently asked questions section/financial information at [Parents • United States Air Force Academy](#).

If you separate before the advance is repaid you are expected to return uniform and equipment items acceptable for resale and to repay as much of the advance loan as possible. The remaining debt balance will become taxable income. The debt itself is forgiven.

Class of 2030 Projected Expenses (amounts are subject to change)

July 2026 - June 2027

Uniforms	\$5,160
Service members' Group Life Insurance	\$338
Fees (athletic, allied arts)	\$240
Textbooks/media/KAFA/BCT and yearbook	\$1,987
Computer (hardware, software, maintenance)	\$2,078
Personal Services (barber, laundry, tailor, linen, and dry cleaning)	\$2,204
Estimated total expenses	\$12,007

Estimated income \$1,452.90 x 12 months = \$17,434.80

Questions: 2304 Cadet Drive, Suite 2200
Telephone: (719) 333-6988/6982
Email: USAFAM.FMF.CadetPay@us.af.mil

Personal Checking and Share Draft Accounts

To receive your service pay while in BCT, the finance office needs to link your bank or credit union account to the Defense Finance and Accounting Services for direct deposit. On your appointee portal kit, you will need to provide your routing number and account number (not debit card number) of an existing account, or you may open a new account. If you wish, you may open an account at the banking facility available on the Academy listed below, but no official federal endorsement is given.

Air Academy Federal Credit Union. AAFCU is a full-service financial institution offering checking and savings accounts, auto loans, certified financial engagement coaches to assist with establishing credit and budgeting amongst much more, and robust electronic services - including video banking, online banking, mobile app, online bill paying, and access to nearly 30,000 surcharge-free ATMs nationwide. The credit union is located at the base in the Community Center, Building 5136. There are four 24-hour ATMs located on base - at the branch, Fairchild Hall, Arnold Hall, and a drive-up ATM is located between the base exchange and commissary. In addition, AAFCU is a part of the shared branching network, giving you access to your account nationwide. Visit [Cadet/Prep Account](#) to open an account today.

Questions: Air Academy Federal Credit Union
Telephone: (800) 223-1983 ext. 1458
Email: cadetaccounts@aacu.com

Personal Debts

All your personal debts must be settled before your arrival at the Academy.

Scholarships and/or Educational Investment Funds

Scholarships: Agencies should issue scholarship proceeds directly to you. When a scholarship agency is unable to make payment directly you, the scholarship may be accepted for credit to your pay account provided there are no restrictions on the scholarship and the check is payable to the U.S. Treasury.

Restrictions are any condition or limitation an agency places on the use of their scholarship funds. Restriction examples: “must be used for tuition, room and/or board,” “student is required to maintain a specific GPA,” “scholarship funds will be paid back if cadet disenrolls,” etc. Scholarships silent on restrictions will be treated as non-restrictive and accepted. Once a scholarship is accepted, it is never refunded to the agency granting the scholarship, even if you disenroll. Checks should be made payable to U. S. Treasury and mailed to the cadet pay office at HQ USAFA/FMF, 5136 Eagle Dr., U.S. Air Force Academy, CO 80840-5035. **NO CHECKS WILL BE ACCEPTED UNTIL AFTER SEPTEMBER 1, 2026.** Be sure to write your full name and social security number on the check.

Investment Plans: The individual owner or administrator of the educational investment plan determines the valid use of the funds based on specific fund requirements and any state, federal and/or IRS restrictions. The owner/administrator shall consult their financial advisor, tax advisor or legal advisor to ensure the specific fund rules are followed and if there are procedures for providing proceeds directly to you. Investment plan proceeds will not be accepted and shall be returned to the originator.

The Academy is prohibited by law (10 USC 4360) from charging for tuition or room and board and does not issue IRS Form 1098-T, Tuition Statement. Any tax consequence resulting from receipt of scholarships and/or educational investment plan proceeds is your responsibility.

More information on how to submit a scholarship check and cadet Budget is located on the Academy Parent webpage under Frequently Asked Questions, under Financial Information link at <https://www.usafa.edu/parents/faq/>.

Questions: U.S. Air Force Academy Financial Service Office, HQ USAFA/FMF
2304 Cadet Dr., Suite 2200
U.S. Air Force Academy, CO 80840-5035
Telephone: (719) 333-6982
Email: USAFAM.FMF.CadetPay@us.af.mil

Federal Income Tax

Your parents or guardians may have questions concerning the income tax consequences of cadet pay and allowances. This section will furnish them with that information from the standpoint of both **your** tax return and **their** return. This information is based on the tax law and current rulings of treasury officials.

However, it is informative only and should not be considered the official position of the Internal Revenue Service.

Tax Withholding

Your federal and state tax withholding will be started at the filing status of single with one exemption. The state of legal residence will be automatically input based on the home of record on file for you. You may change your state for tax withholding at any time by completing a state of legal residence declaration in the cadet pay office, located in Vandenberg Hall, room 2C6a. You are required to file your own income tax returns while at the Academy. As a fourth-class cadet entering the Academy in June, you will earn approximately \$9,056, which you must report as income from the Air Force.

Once you become a cadet at the Academy, **you are considered a member of the active military** and are no longer dependent upon your parents for support. You are considered supported by the Air Force or by yourself. (See Internal Revenue Service (IRS) Publication 17). However, since you are entering as a

Fourth-class cadet, you were probably a dependent of your parents for the year before you entered the Academy, you may possibly be claimed as a dependent on their return for part of that year. To claim you as an income tax exemption, your parents must have contributed more than half of your total support for the year. "More than half of support" refers to dollar value and not to the length of time support was given. Following the steps below will help determine whether the "more than half of support" test is met. Note: Effective January 1, 1987, if you can be claimed as a dependent on the tax return of another taxpayer, you may not claim yourself as a personal exemption on your tax return. Thus, if you are claimed on your parents' return, you may not claim yourself as an exemption when you file your own return for that year. After the fourth-class year when your parents may no longer claim you as a dependent on their return, you may claim yourself as an exemption when you file your own tax return.

Compute the value of support contributed by your parents or guardian in 2026. Compute the value of support contributed by you and your parents or guardians and others (include support provided by the U.S. Air Force.)

Compare your parents' or guardians' share of the total with that provided by you, the Air Force, or others. If your parents' or guardians' share is more than 50 percent of your total support, they meet the support test and can take the dependency exemption. In determining how much your parents or guardians contributed to your support, a parent or guardian may include the cost of clothing, medical and dental care, education, medical insurance premiums, transportation, entertainment, presents, etc., for you. If you lived at home during the first six months of the year, a proportionate amount of the family food bill and utilities, fair rental value of lodging furnished, etc., may also be included. Educational expenses might include the cost of tuition, books, board, and lodging, school supplies, and transportation to and from school if you attended college, preparatory school, or high school prior to entering the Academy.

In computing the value of support furnished to you from sources other than a parent or guardian, both taxed and untaxed amounts must be included. Your taxable pay must, of course, be included. In addition, the fair value of the food, lodging, medical care, education, and other services furnished you by the Air Force must also be included even though their value is not taxed as income to you.

The IRS has ruled that an appointment to the Academy is not a scholarship. Thus, the cadet must include value of education as support from sources other than the parents or guardians.

The amount of support contributed by the Air Force for one semester of education, food, lodging, cadet pay, etc., is \$32,385. Compare this figure to the amount of support provided by the parents. If the parents' figure is higher, the parents can claim the cadet as a dependent on their income tax return, and the cadet cannot claim a personal exemption. If the \$32,385 figure is larger than the amount provided by the parents, the cadet will claim a personal exemption on his or her income tax return, and the parents cannot claim the cadet as a dependent on their income tax return.

Questions: Legal Office, HQ USAFA/JA
2304 Cadet Dr.
U.S. Air Force Academy, CO 80840
Telephone: (719) 333-3920

Social Security Benefits

Since you are attending the Academy, you are excluded from receiving Social Security benefits.

Current social security regulations state that cadets and midshipmen of the service academies are in the same situation as military personnel attending schools operated by the armed forces such as officer candidate schools, electronic schools, etc. You are on active duty in the armed forces while attending the academies and are, therefore, employees of the United States. You are entitled to basic pay at a monthly rate specified by law and are required to complete the courses of instruction at the academies. If you are a recipient of social security benefits, you must notify your local social security office that you have accepted an appointment to the Academy and will be entering with the Class of 2030 in June.

As a full-time student provided with free room and board, you are also not eligible for food assistance programs (e.g., food stamps) while in cadet status and at the Academy.

Questions: U.S. Air Force Academy Financial Service Office, HQ USAFA/FMF
2304 Cadet Dr., Suite 2200
U.S. Air Force Academy, CO 80840
Telephone: (719) 333-6988/6982
Email: USAFMF.FMF.CadetPay@us.af.mil



Information for You and Your Family

U.S. Air Force Academy Local Parents' Clubs

There are nearly 90 parents' clubs that serve as an informal means of keeping parents (or guardians) updated on activities at the Academy and provide an opportunity for your parents to become acquainted with other Academy parents in your area. Additionally, most clubs host events and activities locally and here at the Academy. Local Academy Parent Clubs contact information can be found at <https://www.usafa.edu/parents/parent-clubs-spirit-committees/>.

The Academy parent liaison team would like to provide newsletters and information to your parents/guardians but due to the Privacy Act of 1974 we must have permission from you and your parents to do so. Many local USAFA parent clubs have appointed events prior to I-Day that you and your parents can attend to meet current cadets, other appointees, and other parents so contact the local USAFA Parent Club to sign up as soon as you have accepted. The local parent club can help you and your parents/guardians through this process. There are statements in the admissions kit asking for permission to release your contact information. If you would like to release your information, check the appropriate boxes. If your parents would like to release their contact information to our office they can go to: https://www.usafa.edu/app/uploads/Parent_Guardian_Release_Form.pdf. Please ask your parents to fill out, sign, and send the completed form to the Academy parent liaison team at the email or mailing address listed below.

This release will also allow us to share contact information with your class year parents' spirit committee. These committees do things for the whole class milestones throughout your journey at the Academy. Even if your parents do not wish to release their contact information to the local parent club, please consider releasing your information.

Parents/Guardians can find the local USAFA Parent Club contact link on the Official USAFA Parent website at [Parents' Clubs & Spirit Committees • United States Air Force Academy](#).

Questions: USAFA Parent Liaison Team, HQ USAFA/CM ATTN: Parent Liaison Team
2304 Cadet Dr., Suite 3100
U.S. Air Force Academy, CO 80840-5002
Telephone Toll Free: (877) 268-3383 or (719) 333-3828
Email: USAFA.Parent.Liaison@afacademy.af.edu

Cadet Sponsor Program

Find Your Home Away from Home: Participate in the Cadet Sponsor Program!

The Cadet Sponsor Program is your opportunity to connect with a mentor who can guide you through your time at the Academy and offer a glimpse into your future military career. We connect you with dedicated volunteers—from active duty and retired personnel to Academy alumni and civilian leaders—who are ready to offer you support, advice, and a welcoming home environment.

What is a Sponsor?

Your sponsor will be a trusted mentor, a positive role model, and a friendly face in the local community. They volunteer their time to build a professional and personal relationship with you, providing guidance on military life and career opportunities. This program is a cornerstone of your development as a future leader. While the program is open to all cadets, we especially encourage our fourth-class cadets to take advantage of this unique mentorship opportunity.

You and/or a sponsor family may make by-name requests for each other, and the cadet sponsor office will attempt to honor the requests. If you have a by-name request you should ask the requested sponsors to contact the cadet sponsor's office to request a registration packet; otherwise, the family will not be matched with you.

Information can be found online at <https://www.usafa.edu/cadet-life/cadet-support-services/cadet-sponsor-program/>.

If you are a former Prep School cadet candidate and wish to keep your Prep School sponsor, please ask the sponsor family to register with the cadet sponsor office. If the family is already registered with the Academy program, they should contact the cadet sponsor's office with a by-name request for you.

New sponsors may apply at any time; however, the deadline to process by-name requests prior to Parents' Weekend is August 15, 2026. Outside of by-name requests, the cadet sponsor office uses common interests/criteria to match you with sponsors. You may opt out of the program by sending an email to the cadet sponsor's office. For more information on the program or to opt out of the program, contact the cadet sponsor's office. To request a registration packet, send an email or leave a voicemail with your email address with the cadet sponsor's office.

Note: The Academy's cadet sponsor program is not affiliated with the Preparatory School sponsor program, or the DF International Programs sponsor program.

Questions: Cadet Sponsor Office, CW/CWS
2354 Faculty Dr.
U.S. Air Force Academy, CO 80840
Telephone: (719) 333-2727
Email: cadet.sponsor@afacademy.af.edu

Holiday Party with Sponsor Parents



Parents' Weekend

Parents' Weekend is scheduled for Labor Day weekend from Friday, September 4, 2026, until Monday, September 7, 2026. Some of the scheduled events during the weekend include an information fair, a Cadet Wing parade, squadron open houses, Academy Planetarium shows, and a home football game. Travel and lodging arrangements should be made as early as possible. Guests should arrive prior to Friday, as this is the primary day of activities.

Updated schedules and the latest information will be posted on the Academy web site once finalized at <https://www.usafa.edu/about/traditions/parents-weekend/>.

Questions: Academy Parent Liaison Team, HQ USAFA/CM
2304 Cadet Dr., Suite 3100
U.S. Air Force Academy, CO 80840
Telephone: (877) 268-3383 or (719) 333-3828
Email: USAFA.Parent.Liaison@afacademy.af.edu



ANNEX A

Physical Fitness Preparation Workouts

Medical personnel recommend starting workouts at least 8 to 12 weeks prior to I-Day.

Training Schedule - 8 Week Example							
Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week #1	OFF	Calisthenics Day #1	Anaerobic Day #1	OFF	Calisthenics Day #2	Aerobic Day #1	OFF
Week #2	OFF	Calisthenics Day #3	Anaerobic Day #2	OFF	Calisthenics Day #4	Aerobic Day #2	OFF
Week #3	OFF	Aerobic Day #3	Calisthenics Day #5	OFF	Anaerobic Day #3	Aerobic Day #4	Calisthenics Day #6
Week #4	OFF	Aerobic Day #5	Calisthenics Day #7	OFF	Anaerobic Day #4	Aerobic Day #6	Calisthenics Day #8
Week #5	OFF	Aerobic Day #7	Calisthenics Day #9	Anaerobic Day #5	Aerobic Day #8	Calisthenics Day #10	Aerobic Day #9
Week #6	OFF	Aerobic Day #10	Calisthenics Day #11	Anaerobic Day #6	Aerobic Day #11	Calisthenics Day #12	Aerobic Day #12
Week #7	OFF	Aerobic Day #13	Calisthenics Day #13	Anaerobic Day #7	Aerobic Day #14	Calisthenics Day #14	Aerobic Day #15
Week #8	OFF	Calisthenics Day #15	Anaerobic Day #8	OFF	Calisthenics Day #16	Aerobic Day #16	OFF

Training Plan

Calisthenics - Day #1 and Day #2

Warmup

Jumping Jacks x 20 [VIDEO DEMO](#)
 Skip with Arm Swings x 10 [VIDEO DEMO](#)
 World's Greatest Stretch x 4 each [VIDEO DEMO](#)
 High-Kick Single-Leg RDL x 4 each [VIDEO DEMO](#)
 Rise and Shine Squat x 4 [VIDEO DEMO](#)
 Rise and Shine Pushup x 4 [VIDEO DEMO](#)
 ATW Lunge and Reach x 1 each [VIDEO DEMO](#)
 Pogo with Alternating Split Jump x 5 each [VIDEO DEMO](#)
 (A)Skip x 20 [VIDEO DEMO](#)
 Wideout 2 x 5 [VIDEO DEMO](#)

Complete the sequence one time through.

Block #1 - PFT Exercises

Pullups 3 x 5 + 1 max effort set [VIDEO DEMO](#)
 Pushups 3 x 10 + 1 max effort set [VIDEO DEMO](#)
 Sit-ups 3 x 15 + 1 max effort set for 1 minute [VIDEO DEMO](#)

Complete one set of A, one set of B, one set of C; repeat for 4 rounds; rest as needed between sets.

Block #2 - Leg Circuit [VIDEO DEMO](#)

Leg Circuit	Full	3/4	Half
Squat	20	16	10
Alt. Reverse Lunge	20/10ea	16/8ea	10/5ea
Alt. Split Jump	20/10ea	16/8ea	10/5ea
Squat Jump	10	8	5
Complete x	1 Round	1 Round	3 Rounds

Complete the designated number of Full rounds first, $\frac{3}{4}$ rounds second, and half rounds last; utilize a 1:1 work to rest ratio

Cooldown

Low Lizard Lunge (R) x 30 seconds [VIDEO DEMO](#)
 Low Lizard Lunge (L) x 30 seconds [VIDEO DEMO](#)
 90/90 (R) x 30 seconds [VIDEO DEMO](#)
 90/90 (L) x 30 seconds [VIDEO DEMO](#)
 Childs Pose x 30 seconds [VIDEO DEMO](#)
 Childs Pose-Reach Right x 15 seconds [VIDEO DEMO](#)
 Child Pose-Reach Left x 15 seconds [VIDEO DEMO](#)
 Down Dog w. Foot Pedal x 5 each leg + Cobra x 10 seconds [VIDEO DEMO](#)
 Scorpion x 5 each side [VIDEO DEMO](#)
 Prying Squat Hold x 30 seconds [VIDEO DEMO](#)

Complete the sequence two times through.

Calisthenics - Day #3 and Day #4

Warmup

Jumping Jacks x 20 [VIDEO DEMO](#)
 Skip with Arm Swings x 10 [VIDEO DEMO](#)
 World's Greatest Stretch x 4 each [VIDEO DEMO](#)
 High-Kick Single-Leg RDL x 4 each [VIDEO DEMO](#)
 Rise and Shine Squat x 4 [VIDEO DEMO](#)
 Rise and Shine Pushup x 4 [VIDEO DEMO](#)
 ATW Lunge and Reach x 1 each [VIDEO DEMO](#)
 Pogo with Alternating Split Jump x 5 each [VIDEO DEMO](#)
 (A)Skip x 20 [VIDEO DEMO](#)
 Wideout 2 x 5 [VIDEO DEMO](#)

Complete the sequence one time through.

Block #1 - PFT Exercises

Pullups 3 x 6 + 1 max effort set [VIDEO DEMO](#)
 Pushups 3 x 12 + 1 max effort set [VIDEO DEMO](#)
 Sit-ups 3 x 20 + 1 max effort set for 1 minute and 10 seconds [VIDEO DEMO](#)

Complete one set of A, one set of B, one set of C; repeat for 4 rounds; rest as needed between sets.

Block #2 - Leg Circuit [VIDEO DEMO](#)

Leg Circuit	Full	3/4	Half
Squat	20	16	10
Alt. Reverse Lunge	20/10ea	16/8ea	10/5ea
Alt. Split Jump	20/10ea	16/8ea	10/5ea
Squat Jump	10	8	5
Complete x	1 Round	2 Rounds	2 Rounds

Complete the designated number of Full rounds first, $\frac{3}{4}$ rounds second, and half rounds last; utilize a 1:1 work to rest ratio

Cooldown

Low Lizard Lunge (R) x 30 seconds [VIDEO DEMO](#)
 Low Lizard Lunge (L) x 30 seconds [VIDEO DEMO](#)
 90/90 (R) x 30 seconds [VIDEO DEMO](#)
 90/90 (L) x 30 seconds [VIDEO DEMO](#)
 Childs Pose x 30 seconds [VIDEO DEMO](#)
 Childs Pose-Reach Right x 15 seconds [VIDEO DEMO](#)
 Child Pose-Reach Left x 15 seconds [VIDEO DEMO](#)
 Down Dog w. Foot Pedal x 5 each leg + Cobra x 10 seconds [VIDEO DEMO](#)
 Scorpion x 5 each side [VIDEO DEMO](#)
 Prying Squat Hold x 30 seconds [VIDEO DEMO](#)

Complete the sequence two times through.

Calisthenics - Day #5 and Day #6

Warmup

Jumping Jacks x 20 [VIDEO DEMO](#)
 Skip with Arm Swings x 10 [VIDEO DEMO](#)
 World's Greatest Stretch x 4 each [VIDEO DEMO](#)
 High-Kick Single-Leg RDL x 4 each [VIDEO DEMO](#)
 Rise and Shine Squat x 4 [VIDEO DEMO](#)
 Rise and Shine Pushup x 4 [VIDEO DEMO](#)
 ATW Lunge and Reach x 1 each [VIDEO DEMO](#)
 Pogo with Alternating Split Jump x 5 each [VIDEO DEMO](#)
 (A)Skip x 20 [VIDEO DEMO](#)
 Wideout 2 x 5 [VIDEO DEMO](#)

Complete the sequence one time through.

Block #1 - PFT Exercises

Pullups 3 x 7 + 1 max effort set [VIDEO DEMO](#)
 Pushups 3 x 15 + 1 max effort set [VIDEO DEMO](#)
 Sit-ups 3 x 25 + 1 max effort set for 1 minute and 20 seconds [VIDEO DEMO](#)

Complete one set of A, one set of B, one set of C; repeat for 4 rounds; rest as needed between sets.

Block #2 - Leg Circuit [VIDEO DEMO](#)

Leg Circuit	Full	3/4	Half
Squat	20	16	10
Alt. Reverse Lunge	20/10ea	16/8ea	10/5ea
Alt. Split Jump	20/10ea	16/8ea	10/5ea
Squat Jump	10	8	5
Complete x	1 Round	3 Rounds	1 Round

Complete the designated number of Full rounds first, $\frac{3}{4}$ rounds second, and half rounds last; utilize a 1:1 work to rest ratio

Cooldown

Low Lizard Lunge (R) x 30 seconds [VIDEO DEMO](#)
 Low Lizard Lunge (L) x 30 seconds [VIDEO DEMO](#)
 90/90 (R) x 30 seconds [VIDEO DEMO](#)
 90/90 (L) x 30 seconds [VIDEO DEMO](#)
 Childs Pose x 30 seconds [VIDEO DEMO](#)
 Childs Pose-Reach Right x 15 seconds [VIDEO DEMO](#)
 Child Pose-Reach Left x 15 seconds [VIDEO DEMO](#)
 Down Dog w. Foot Pedal x 5 each leg + Cobra x 10 seconds [VIDEO DEMO](#)
 Scorpion x 5 each side [VIDEO DEMO](#)
 Prying Squat Hold x 30 seconds [VIDEO DEMO](#)

Complete the sequence two times through.

Calisthenics - Day #7 and Day #8

Warmup

Jumping Jacks x 20 [VIDEO DEMO](#)
 Skip with Arm Swings x 10 [VIDEO DEMO](#)
 World's Greatest Stretch x 4 each [VIDEO DEMO](#)
 High-Kick Single-Leg RDL x 4 each [VIDEO DEMO](#)
 Rise and Shine Squat x 4 [VIDEO DEMO](#)
 Rise and Shine Pushup x 4 [VIDEO DEMO](#)
 ATW Lunge and Reach x 1 each [VIDEO DEMO](#)
 Pogo with Alternating Split Jump x 5 each [VIDEO DEMO](#)
 (A)Skip x 20 [VIDEO DEMO](#)
 Wideout 2 x 5 [VIDEO DEMO](#)

Complete the sequence one time through.

Block #1 - PFT Exercises

Pullups 3 x 8 + 1 max effort set [VIDEO DEMO](#)
 Pushups 3 x 16 + 1 max effort set [VIDEO DEMO](#)
 Sit-ups 3 x 30 + 1 max effort set for 1 minute and 30 seconds [VIDEO DEMO](#)

Complete one set of A, one set of B, one set of C; repeat for 4 rounds; rest as needed between sets.

Block #2 - Leg Circuit [VIDEO DEMO](#)

Leg Circuit	Full	3/4	Half
Squat	20	16	10
Alt. Reverse Lunge	20/10ea	16/8ea	10/5ea
Alt. Split Jump	20/10ea	16/8ea	10/5ea
Squat Jump	10	8	5
Complete x	1 Round	4 Rounds	0 Rounds

Complete the designated number of Full rounds first, $\frac{3}{4}$ rounds second, and half rounds last; utilize a 1:1 work to rest ratio

Cooldown

Low Lizard Lunge (R) x 30 seconds [VIDEO DEMO](#)
 Low Lizard Lunge (L) x 30 seconds [VIDEO DEMO](#)
 90/90 (R) x 30 seconds [VIDEO DEMO](#)
 90/90 (L) x 30 seconds [VIDEO DEMO](#)
 Childs Pose x 30 seconds [VIDEO DEMO](#)
 Childs Pose-Reach Right x 15 seconds [VIDEO DEMO](#)
 Child Pose-Reach Left x 15 seconds [VIDEO DEMO](#)
 Down Dog w. Foot Pedal x 5 each leg + Cobra x 10 seconds [VIDEO DEMO](#)
 Scorpion x 5 each side [VIDEO DEMO](#)
 Prying Squat Hold x 30 seconds [VIDEO DEMO](#)

Complete the sequence two times through.

Calisthenics - Day #9 and Day #10

Warmup

Jumping Jacks x 20 [VIDEO DEMO](#)
 Skip with Arm Swings x 10 [VIDEO DEMO](#)
 World's Greatest Stretch x 4 each [VIDEO DEMO](#)
 High-Kick Single-Leg RDL x 4 each [VIDEO DEMO](#)
 Rise and Shine Squat x 4 [VIDEO DEMO](#)
 Rise and Shine Pushup x 4 [VIDEO DEMO](#)
 ATW Lunge and Reach x 1 each [VIDEO DEMO](#)
 Pogo with Alternating Split Jump x 5 each [VIDEO DEMO](#)
 (A)Skip x 20 [VIDEO DEMO](#)
 Wideout 2 x 5 [VIDEO DEMO](#)

Complete the sequence one time through.

Block #1 - PFT Exercises

Pullups 3 x 9 + 1 max effort set [VIDEO DEMO](#)
 Pushups 3 x 18 + 1 max effort set [VIDEO DEMO](#)
 Sit-ups 3 x 35 + 1 max effort set for 1 minute and 40 seconds [VIDEO DEMO](#)

Complete one set of A, one set of B, one set of C; repeat for 4 rounds; rest as needed between sets.

Block #2 - Leg Circuit [VIDEO DEMO](#)

Leg Circuit	Full	3/4	Half
Squat	20	16	10
Alt. Reverse Lunge	20/10ea	16/8ea	10/5ea
Alt. Split Jump	20/10ea	16/8ea	10/5ea
Squat Jump	10	8	5
Complete x	2 Rounds	3 Rounds	0 Rounds

Complete the designated number of Full rounds first, $\frac{3}{4}$ rounds second, and half rounds last; utilize a 1:1 work to rest ratio

Cooldown

Low Lizard Lunge (R) x 30 seconds [VIDEO DEMO](#)
 Low Lizard Lunge (L) x 30 seconds [VIDEO DEMO](#)
 90/90 (R) x 30 seconds [VIDEO DEMO](#)
 90/90 (L) x 30 seconds [VIDEO DEMO](#)
 Childs Pose x 30 seconds [VIDEO DEMO](#)
 Childs Pose-Reach Right x 15 seconds [VIDEO DEMO](#)
 Child Pose-Reach Left x 15 seconds [VIDEO DEMO](#)
 Down Dog w. Foot Pedal x 5 each leg + Cobra x 10 seconds [VIDEO DEMO](#)
 Scorpion x 5 each side [VIDEO DEMO](#)
 Prying Squat Hold x 30 seconds [VIDEO DEMO](#)

Complete the sequence two times through.

Calisthenics - Day #11 and Day #12

Warmup

Jumping Jacks x 20 [VIDEO DEMO](#)
 Skip with Arm Swings x 10 [VIDEO DEMO](#)
 World's Greatest Stretch x 4 each [VIDEO DEMO](#)
 High-Kick Single-Leg RDL x 4 each [VIDEO DEMO](#)
 Rise and Shine Squat x 4 [VIDEO DEMO](#)
 Rise and Shine Pushup x 4 [VIDEO DEMO](#)
 ATW Lunge and Reach x 1 each [VIDEO DEMO](#)
 Pogo with Alternating Split Jump x 5 each [VIDEO DEMO](#)
 (A)Skip x 20 [VIDEO DEMO](#)
 Wideout 2 x 5 [VIDEO DEMO](#)

Complete the sequence one time through.

Block #1 - PFT Exercises

Pullups 3 x 10 + 1 max effort set [VIDEO DEMO](#)
 Pushups 3 x 20 + 1 max effort set [VIDEO DEMO](#)
 Sit-ups 3 x 40 + 1 max effort set for 1 Minute and 50 seconds [VIDEO DEMO](#)

Complete one set of A, one set of B, one set of C; repeat for 4 rounds; rest as needed between sets.

Block #2 - Leg Circuit [VIDEO DEMO](#)

Leg Circuit	Full	3/4	Half
Squat	20	16	10
Alt. Reverse Lunge	20/10ea	16/8ea	10/5ea
Alt. Split Jump	20/10ea	16/8ea	10/5ea
Squat Jump	10	8	5
Complete x	3 Rounds	2 Rounds	0 Rounds

Complete the designated number of Full rounds first, $\frac{3}{4}$ rounds second, and half rounds last; utilize a 1:1 work to rest ratio

Cooldown

Low Lizard Lunge (R) x 30 seconds [VIDEO DEMO](#)
 Low Lizard Lunge (L) x 30 seconds [VIDEO DEMO](#)
 90/90 (R) x 30 seconds [VIDEO DEMO](#)
 90/90 (L) x 30 seconds [VIDEO DEMO](#)
 Childs Pose x 30 seconds [VIDEO DEMO](#)
 Childs Pose-Reach Right x 15 seconds [VIDEO DEMO](#)
 Child Pose-Reach Left x 15 seconds [VIDEO DEMO](#)
 Down Dog w. Foot Pedal x 5 each leg + Cobra x 10 seconds [VIDEO DEMO](#)
 Scorpion x 5 each side [VIDEO DEMO](#)
 Prying Squat Hold x 30 seconds [VIDEO DEMO](#)

Complete the sequence two times through.

Calisthenics - Day #13 and Day #14

Warmup

Jumping Jacks x 20 [VIDEO DEMO](#)
 Skip with Arm Swings x 10 [VIDEO DEMO](#)
 World's Greatest Stretch x 4 each [VIDEO DEMO](#)
 High-Kick Single-Leg RDL x 4 each [VIDEO DEMO](#)
 Rise and Shine Squat x 4 [VIDEO DEMO](#)
 Rise and Shine Pushup x 4 [VIDEO DEMO](#)
 ATW Lunge and Reach x 1 each [VIDEO DEMO](#)
 Pogo with Alternating Split Jump x 5 each [VIDEO DEMO](#)
 (A)Skip x 20 [VIDEO DEMO](#)
 Wideout 2 x 5 [VIDEO DEMO](#)

Complete the sequence one time through.

Block #1 - PFT Exercises

Pullups 3 x 11 + 1 max effort set [VIDEO DEMO](#)
 Pushups 3 x 22 + 1 max effort set [VIDEO DEMO](#)
 Sit-ups 3 x 45 + 1 max effort set for 2 minutes [VIDEO DEMO](#)

Complete one set of A, one set of B, one set of C; repeat for 4 rounds; rest as needed between sets.

Block #2 - Leg Circuit [VIDEO DEMO](#)

Leg Circuit	Full	3/4	Half
Squat	20	16	10
Alt. Reverse Lunge	20/10ea	16/8ea	10/5ea
Alt. Split Jump	20/10ea	16/8ea	10/5ea
Squat Jump	10	8	5
Complete x	4 Rounds	1 Round	0 Rounds

Complete the designated number of Full rounds first, $\frac{3}{4}$ rounds second, and half rounds last; utilize a 1:1 work to rest ratio

Cooldown

Low Lizard Lunge (R) x 30 seconds [VIDEO DEMO](#)
 Low Lizard Lunge (L) x 30 seconds [VIDEO DEMO](#)
 90/90 (R) x 30 seconds [VIDEO DEMO](#)
 90/90 (L) x 30 seconds [VIDEO DEMO](#)
 Childs Pose x 30 seconds [VIDEO DEMO](#)
 Childs Pose-Reach Right x 15 seconds [VIDEO DEMO](#)
 Child Pose-Reach Left x 15 seconds [VIDEO DEMO](#)
 Down Dog w. Foot Pedal x 5 each leg + Cobra x 10 seconds [VIDEO DEMO](#)
 Scorpion x 5 each side [VIDEO DEMO](#)
 Prying Squat Hold x 30 seconds [VIDEO DEMO](#)

Complete the sequence two times through.

Calisthenics - Day #15 and Day #16

Warmup

Jumping Jacks x 20 [VIDEO DEMO](#)
 Skip with Arm Swings x 10 [VIDEO DEMO](#)
 World's Greatest Stretch x 4 each [VIDEO DEMO](#)
 High-Kick Single-Leg RDL x 4 each [VIDEO DEMO](#)
 Rise and Shine Squat x 4 [VIDEO DEMO](#)
 Rise and Shine Pushup x 4 [VIDEO DEMO](#)
 ATW Lunge and Reach x 1 each [VIDEO DEMO](#)
 Pogo with Alternating Split Jump x 5 each [VIDEO DEMO](#)
 (A)Skip x 20 [VIDEO DEMO](#)
 Wideout 2 x 5 [VIDEO DEMO](#)

Complete the sequence one time through.

Block #1 - PFT Exercises

Pullups 3 x 12 + 1 max effort set [VIDEO DEMO](#)
 Pushups 3 x 25 + 1 max effort set [VIDEO DEMO](#)
 Sit-ups 3 x 50 + 1 max effort set for 2 minutes [VIDEO DEMO](#)

Complete one set of A, one set of B, one set of C; repeat for 4 rounds; rest as needed between sets.

Block #2 - Leg Circuit [VIDEO DEMO](#)

Leg Circuit	Full	3/4	Half
Squat	20	16	10
Alt. Reverse Lunge	20/10ea	16/8ea	10/5ea
Alt. Split Jump	20/10ea	16/8ea	10/5ea
Squat Jump	10	8	5
Complete x	5 Rounds	0 Rounds	0 Rounds

Complete the designated number of Full rounds first, $\frac{3}{4}$ rounds second, and half rounds last; utilize a 1:1 work to rest ratio

Cooldown

Low Lizard Lunge (R) x 30 seconds [VIDEO DEMO](#)
 Low Lizard Lunge (L) x 30 seconds [VIDEO DEMO](#)
 90/90 (R) x 30 seconds [VIDEO DEMO](#)
 90/90 (L) x 30 seconds [VIDEO DEMO](#)
 Childs Pose x 30 seconds [VIDEO DEMO](#)
 Childs Pose-Reach Right x 15 seconds [VIDEO DEMO](#)
 Child Pose-Reach Left x 15 seconds [VIDEO DEMO](#)
 Down Dog w. Foot Pedal x 5 each leg + Cobra x 10 seconds [VIDEO DEMO](#)
 Scorpion x 5 each side [VIDEO DEMO](#)
 Prying Squat Hold x 30 seconds [VIDEO DEMO](#)

Complete the sequence two times through.

Anaerobic - Day #1						
Warmup						
Jumping Jacks x 20 VIDEO DEMO Skip with Arm Swings x 10 VIDEO DEMO World's Greatest Stretch x 4 each VIDEO DEMO High-Kick Single-Leg RDL x 4 each VIDEO DEMO Rise and Shine Squat x 4 VIDEO DEMO Rise and Shine Pushup x 4 VIDEO DEMO ATW Lunge and Reach x 1 each VIDEO DEMO Pogo with Alternating Split Jump x 5 each VIDEO DEMO (A)Skip x 20 VIDEO DEMO Wideout 2 x 5 VIDEO DEMO						Complete the sequence one time through.
Block #1 - Jump Circuit						
A. Drop Jump 2 x 6 VIDEO DEMO B. Countermovement Jump 2 x 6 VIDEO DEMO C. Tuck Jump 2 x 6 VIDEO DEMO D. Broad Jump 2 x 6 VIDEO DEMO E. Continuous Jump 2 x 6 VIDEO DEMO						Complete one set of A, one set of B, one set of C, one set of D, one set of E; repeat for 2 rounds; rest as needed between exercises/sets.
Block #2 - Sprints						
Sprint #	#1	#2	#3	#4	#5	#6
Distance	50 yd	50 yd	50 yd	50 yd	50 yd	50 yd
Time at Start	0:00	2:00	4:00	6:00	8:00	10:00
Time at End M/W	0:07 or 0:08	2:07 or 2:08	4:07 or 4:08	6:07 or 6:08	8:07 or 8:08	10:07 or 10:08
						Complete each repetition for the designated distance; start a running clock at the beginning of sprint #1; adhere to start and end times for men/ women.
Cooldown						
Low Lizard Lunge (R) x 30 seconds VIDEO DEMO Low Lizard Lunge (L) x 30 seconds VIDEO DEMO 90/90 (R) x 30 seconds VIDEO DEMO 90/90 (L) x 30 seconds VIDEO DEMO Childs Pose x 30 seconds VIDEO DEMO Childs Pose-Reach Right x 15 seconds VIDEO DEMO Child Pose-Reach Left x 15 seconds VIDEO DEMO Down Dog w. Foot Pedal x 5 each leg + Cobra x 10 seconds VIDEO DEMO Scorpion x 5 each side VIDEO DEMO Prying Squat Hold x 30 seconds VIDEO DEMO						Complete the sequence two times through.

Anaerobic - Day #2

Warmup

Jumping Jacks x 20 [VIDEO DEMO](#)
 Skip with Arm Swings x 10 [VIDEO DEMO](#)
 World's Greatest Stretch x 4 each [VIDEO DEMO](#)
 High-Kick Single-Leg RDL x 4 each [VIDEO DEMO](#)
 Rise and Shine Squat x 4 [VIDEO DEMO](#)
 Rise and Shine Pushup x 4 [VIDEO DEMO](#)
 ATW Lunge and Reach x 1 each [VIDEO DEMO](#)
 Pogo with Alternating Split Jump x 5 each [VIDEO DEMO](#)
 (A)Skip x 20 [VIDEO DEMO](#)
 Wideout 2 x 5 [VIDEO DEMO](#)

Complete the sequence one time through.

Block #1 - Jump Circuit

- A. Drop Jump 2 x 6 [VIDEO DEMO](#)
- B. Countermovement Jump 2 x 6 [VIDEO DEMO](#)
- C. Tuck Jump 2 x 6 [VIDEO DEMO](#)
- D. Broad Jump 2 x 6 [VIDEO DEMO](#)
- E. Continuous Jump 2 x 6 [VIDEO DEMO](#)

Complete one set of A, one set of B, one set of C, one set of D, one set of E; repeat for 2 rounds; rest as needed between exercises/sets.

Block #2 - Sprints

Sprint #	#1	#2	#3	#4	#5	#6
Distance	50 yd	50 yd	50 yd	50 yd	50 yd	100 yd
Time at Start	0:00	2:00	4:00	6:00	8:00	11:00
Time at End M/W	0:07 or 0:08	2:07 or 2:08	4:07 or 4:08	6:07 or 6:08	8:07 or 8:08	11:14 or 11:16

Complete each repetition for the designated distance; start a running clock at the beginning of sprint #1; adhere to start and end times for men/ women.

Cooldown

Low Lizard Lunge (R) x 30 seconds [VIDEO DEMO](#)
 Low Lizard Lunge (L) x 30 seconds [VIDEO DEMO](#)
 90/90 (R) x 30 seconds [VIDEO DEMO](#)
 90/90 (L) x 30 seconds [VIDEO DEMO](#)
 Childs Pose x 30 seconds [VIDEO DEMO](#)
 Childs Pose-Reach Right x 15 seconds [VIDEO DEMO](#)
 Child Pose-Reach Left x 15 seconds [VIDEO DEMO](#)
 Down Dog w. Foot Pedal x 5 each leg + Cobra x 10 seconds [VIDEO DEMO](#)
 Scorpion x 5 each side [VIDEO DEMO](#)
 Prying Squat Hold x 30 seconds [VIDEO DEMO](#)

Complete the sequence two times through.

Anaerobic - Day #3

Warmup

Jumping Jacks x 20 [VIDEO DEMO](#)
 Skip with Arm Swings x 10 [VIDEO DEMO](#)
 World's Greatest Stretch x 4 each [VIDEO DEMO](#)
 High-Kick Single-Leg RDL x 4 each [VIDEO DEMO](#)
 Rise and Shine Squat x 4 [VIDEO DEMO](#)
 Rise and Shine Pushup x 4 [VIDEO DEMO](#)
 ATW Lunge and Reach x 1 each [VIDEO DEMO](#)
 Pogo with Alternating Split Jump x 5 each [VIDEO DEMO](#)
 (A)Skip x 20 [VIDEO DEMO](#)
 Wideout 2 x 5 [VIDEO DEMO](#)

Complete the sequence one time through.

Block #1 - Jump Circuit

- A. Drop Jump 2 x 6 [VIDEO DEMO](#)
- B. Countermovement Jump 2 x 6 [VIDEO DEMO](#)
- C. Tuck Jump 2 x 6 [VIDEO DEMO](#)
- D. Broad Jump 2 x 6 [VIDEO DEMO](#)
- E. Continuous Jump 2 x 6 [VIDEO DEMO](#)

Complete one set of A, one set of B, one set of C, one set of D, one set of E; repeat for 2 rounds; rest as needed between exercises/sets.

Block #2 - Sprints

Sprint #	#1	#2	#3	#4	#5	#6
Distance	50 yd	50 yd	50 yd	50 yd	100 yd	100 yd
Time at Start	0:00	2:00	4:00	6:00	9:00	12:00
Time at End M/W	0:07 or 0:08	2:07 or 2:08	4:07 or 4:08	6:07 or 6:08	9:14 or 9:16	12:14 or 12:16

Complete each repetition for the designated distance; start a running clock at the beginning of sprint #1; adhere to start and end times for men/ women.

Cooldown

Low Lizard Lunge (R) x 30 seconds [VIDEO DEMO](#)
 Low Lizard Lunge (L) x 30 seconds [VIDEO DEMO](#)
 90/90 (R) x 30 seconds [VIDEO DEMO](#)
 90/90 (L) x 30 seconds [VIDEO DEMO](#)
 Childs Pose x 30 seconds [VIDEO DEMO](#)
 Childs Pose-Reach Right x 15 seconds [VIDEO DEMO](#)
 Child Pose-Reach Left x 15 seconds [VIDEO DEMO](#)
 Down Dog w. Foot Pedal x 5 each leg + Cobra x 10 seconds [VIDEO DEMO](#)
 Scorpion x 5 each side [VIDEO DEMO](#)
 Prying Squat Hold x 30 seconds [VIDEO DEMO](#)

Complete the sequence two times through.

Anaerobic - Day #4

Warmup

Jumping Jacks x 20 [VIDEO DEMO](#)
 Skip with Arm Swings x 10 [VIDEO DEMO](#)
 World's Greatest Stretch x 4 each [VIDEO DEMO](#)
 High-Kick Single-Leg RDL x 4 each [VIDEO DEMO](#)
 Rise and Shine Squat x 4 [VIDEO DEMO](#)
 Rise and Shine Pushup x 4 [VIDEO DEMO](#)
 ATW Lunge and Reach x 1 each [VIDEO DEMO](#)
 Pogo with Alternating Split Jump x 5 each [VIDEO DEMO](#)
 (A)Skip x 20 [VIDEO DEMO](#)
 Wideout 2 x 5 [VIDEO DEMO](#)

Complete the sequence one time through.

Block #1 - Jump Circuit

- A. Drop Jump 2 x 6 [VIDEO DEMO](#)
- B. Countermovement Jump 2 x 6 [VIDEO DEMO](#)
- C. Tuck Jump 2 x 6 [VIDEO DEMO](#)
- D. Broad Jump 2 x 6 [VIDEO DEMO](#)
- E. Continuous Jump 2 x 6 [VIDEO DEMO](#)

Complete one set of A, one set of B, one set of C, one set of D, one set of E; repeat for 2 rounds; rest as needed between exercises/sets.

Block #2 - Sprints

Sprint #	#1	#2	#3	#4	#5	#6
Distance	50 yd	50 yd	50 yd	100 yd	100 yd	100 yd
Time at Start	0:00	2:00	4:00	7:00	10:00	13:00
Time at End M/W	0:07 or 0:08	2:07 or 2:08	4:07 or 4:08	7:14 or 7:16	10:14 or 10:16	13:14 or 13:16

Complete each repetition for the designated distance; start a running clock at the beginning of sprint #1; adhere to start and end times for men/ women.

Cooldown

Low Lizard Lunge (R) x 30 seconds [VIDEO DEMO](#)
 Low Lizard Lunge (L) x 30 seconds [VIDEO DEMO](#)
 90/90 (R) x 30 seconds [VIDEO DEMO](#)
 90/90 (L) x 30 seconds [VIDEO DEMO](#)
 Childs Pose x 30 seconds [VIDEO DEMO](#)
 Childs Pose-Reach Right x 15 seconds [VIDEO DEMO](#)
 Child Pose-Reach Left x 15 seconds [VIDEO DEMO](#)
 Down Dog w. Foot Pedal x 5 each leg + Cobra x 10 seconds [VIDEO DEMO](#)
 Scorpion x 5 each side [VIDEO DEMO](#)
 Prying Squat Hold x 30 seconds [VIDEO DEMO](#)

Complete the sequence two times through.

Anaerobic - Day #5

Warmup

Jumping Jacks x 20 [VIDEO DEMO](#)
 Skip with Arm Swings x 10 [VIDEO DEMO](#)
 World's Greatest Stretch x 4 each [VIDEO DEMO](#)
 High-Kick Single-Leg RDL x 4 each [VIDEO DEMO](#)
 Rise and Shine Squat x 4 [VIDEO DEMO](#)
 Rise and Shine Pushup x 4 [VIDEO DEMO](#)
 ATW Lunge and Reach x 1 each [VIDEO DEMO](#)
 Pogo with Alternating Split Jump x 5 each [VIDEO DEMO](#)
 (A)Skip x 20 [VIDEO DEMO](#)
 Wideout 2 x 5 [VIDEO DEMO](#)

Complete the sequence one time through.

Block #1 - Jump Circuit

- A. Drop Jump 2 x 6 [VIDEO DEMO](#)
- B. Countermovement Jump 2 x 6 [VIDEO DEMO](#)
- C. Tuck Jump 2 x 6 [VIDEO DEMO](#)
- D. Broad Jump 2 x 6 [VIDEO DEMO](#)
- E. Continuous Jump 2 x 6 [VIDEO DEMO](#)

Complete one set of A, one set of B, one set of C, one set of D, one set of E; repeat for 2 rounds; rest as needed between exercises/sets.

Block #2 - Sprints

Sprint #	#1	#2	#3	#4	#5	#6
Distance	50 yd	50 yd	100 yd	100 yd	100 yd	100 yd
Time at Start	0:00	2:00	5:00	8:00	11:00	14:00
Time at End M/W	0:07 or 0:08	2:07 or 2:08	5:14 or 5:16	8:14 or 8:16	11:14 or 11:16	14:14 or 14:16

Complete each repetition for the designated distance; start a running clock at the beginning of sprint #1; adhere to start and end times for men/ women.

Cooldown

Low Lizard Lunge (R) x 30 seconds [VIDEO DEMO](#)
 Low Lizard Lunge (L) x 30 seconds [VIDEO DEMO](#)
 90/90 (R) x 30 seconds [VIDEO DEMO](#)
 90/90 (L) x 30 seconds [VIDEO DEMO](#)
 Childs Pose x 30 seconds [VIDEO DEMO](#)
 Childs Pose-Reach Right x 15 seconds [VIDEO DEMO](#)
 Child Pose-Reach Left x 15 seconds [VIDEO DEMO](#)
 Down Dog w. Foot Pedal x 5 each leg + Cobra x 10 seconds [VIDEO DEMO](#)
 Scorpion x 5 each side [VIDEO DEMO](#)
 Prying Squat Hold x 30 seconds [VIDEO DEMO](#)

Complete the sequence two times through.

Anaerobic - Day #6

Warmup

Jumping Jacks x 20 [VIDEO DEMO](#)
 Skip with Arm Swings x 10 [VIDEO DEMO](#)
 World's Greatest Stretch x 4 each [VIDEO DEMO](#)
 High-Kick Single-Leg RDL x 4 each [VIDEO DEMO](#)
 Rise and Shine Squat x 4 [VIDEO DEMO](#)
 Rise and Shine Pushup x 4 [VIDEO DEMO](#)
 ATW Lunge and Reach x 1 each [VIDEO DEMO](#)
 Pogo with Alternating Split Jump x 5 each [VIDEO DEMO](#)
 (A)Skip x 20 [VIDEO DEMO](#)
 Wideout 2 x 5 [VIDEO DEMO](#)

Complete the sequence one time through.

Block #1 - Jump Circuit

- A. Drop Jump 2 x 6 [VIDEO DEMO](#)
- B. Countermovement Jump 2 x 6 [VIDEO DEMO](#)
- C. Tuck Jump 2 x 6 [VIDEO DEMO](#)
- D. Broad Jump 2 x 6 [VIDEO DEMO](#)
- E. Continuous Jump 2 x 6 [VIDEO DEMO](#)

Complete one set of A, one set of B, one set of C, one set of D, one set of E; repeat for 2 rounds; rest as needed between exercises/sets.

Block #2 - Sprints

Sprint #	#1	#2	#3	#4	#5	#6
Distance	50 yd	100 yd	100 yd	100 yd	100 yd	100 yd
Time at Start	0:00	3:00	6:00	9:00	12:00	15:00
Time at End M/W	0:07 or 0:08	3:14 or 3:16	6:14 or 6:16	9:14 or 9:16	12:14 or 12:16	15:14 or 15:16

Complete each repetition for the designated distance; start a running clock at the beginning of sprint #1; adhere to start and end times for men/ women.

Cooldown

Low Lizard Lunge (R) x 30 seconds [VIDEO DEMO](#)
 Low Lizard Lunge (L) x 30 seconds [VIDEO DEMO](#)
 90/90 (R) x 30 seconds [VIDEO DEMO](#)
 90/90 (L) x 30 seconds [VIDEO DEMO](#)
 Childs Pose x 30 seconds [VIDEO DEMO](#)
 Childs Pose-Reach Right x 15 seconds [VIDEO DEMO](#)
 Child Pose-Reach Left x 15 seconds [VIDEO DEMO](#)
 Down Dog w. Foot Pedal x 5 each leg + Cobra x 10 seconds [VIDEO DEMO](#)
 Scorpion x 5 each side [VIDEO DEMO](#)
 Prying Squat Hold x 30 seconds [VIDEO DEMO](#)

Complete the sequence two times through.

Anaerobic - Day #7

Warmup

Jumping Jacks x 20 [VIDEO DEMO](#)
 Skip with Arm Swings x 10 [VIDEO DEMO](#)
 World's Greatest Stretch x 4 each [VIDEO DEMO](#)
 High-Kick Single-Leg RDL x 4 each [VIDEO DEMO](#)
 Rise and Shine Squat x 4 [VIDEO DEMO](#)
 Rise and Shine Pushup x 4 [VIDEO DEMO](#)
 ATW Lunge and Reach x 1 each [VIDEO DEMO](#)
 Pogo with Alternating Split Jump x 5 each [VIDEO DEMO](#)
 (A)Skip x 20 [VIDEO DEMO](#)
 Wideout 2 x 5 [VIDEO DEMO](#)

Complete the sequence one time through.

Block #1 - Jump Circuit

- A. Drop Jump 2 x 6 [VIDEO DEMO](#)
- B. Countermovement Jump 2 x 6 [VIDEO DEMO](#)
- C. Tuck Jump 2 x 6 [VIDEO DEMO](#)
- D. Broad Jump 2 x 6 [VIDEO DEMO](#)
- E. Continuous Jump 2 x 6 [VIDEO DEMO](#)

Complete one set of A, one set of B, one set of C, one set of D, one set of E; repeat for 2 rounds; rest as needed between exercises/sets.

Block #2 - Sprints

Sprint #	#1	#2	#3	#4	#5	#6
Distance	100 yd	100 yd	100 yd	100 yd	100 yd	100 yd
Time at Start	0:00	3:00	6:00	9:00	12:00	15:00
Time at End M/W	0:14 or 0:16	3:14 or 3:16	6:14 or 6:16	9:14 or 9:16	12:14 or 12:16	15:14 or 15:16

Complete each repetition for the designated distance; start a running clock at the beginning of sprint #1; adhere to start and end times for men/ women.

Cooldown

Low Lizard Lunge (R) x 30 seconds [VIDEO DEMO](#)
 Low Lizard Lunge (L) x 30 seconds [VIDEO DEMO](#)
 90/90 (R) x 30 seconds [VIDEO DEMO](#)
 90/90 (L) x 30 seconds [VIDEO DEMO](#)
 Childs Pose x 30 seconds [VIDEO DEMO](#)
 Childs Pose-Reach Right x 15 seconds [VIDEO DEMO](#)
 Child Pose-Reach Left x 15 seconds [VIDEO DEMO](#)
 Down Dog w. Foot Pedal x 5 each leg + Cobra x 10 seconds [VIDEO DEMO](#)
 Scorpion x 5 each side [VIDEO DEMO](#)
 Prying Squat Hold x 30 seconds [VIDEO DEMO](#)

Complete the sequence two times through.

Anaerobic - Day #8

Warmup

Jumping Jacks x 20 [VIDEO DEMO](#)
 Skip with Arm Swings x 10 [VIDEO DEMO](#)
 World's Greatest Stretch x 4 each [VIDEO DEMO](#)
 High-Kick Single-Leg RDL x 4 each [VIDEO DEMO](#)
 Rise and Shine Squat x 4 [VIDEO DEMO](#)
 Rise and Shine Pushup x 4 [VIDEO DEMO](#)
 ATW Lunge and Reach x 1 each [VIDEO DEMO](#)
 Pogo with Alternating Split Jump x 5 each [VIDEO DEMO](#)
 (A)Skip x 20 [VIDEO DEMO](#)
 Wideout 2 x 5 [VIDEO DEMO](#)

Complete the sequence one time through.

Block #1 - Jump Circuit

- A. Drop Jump 2 x 6 [VIDEO DEMO](#)
- B. Countermovement Jump 2 x 6 [VIDEO DEMO](#)
- C. Tuck Jump 2 x 6 [VIDEO DEMO](#)
- D. Broad Jump 2 x 6 [VIDEO DEMO](#)
- E. Continuous Jump 2 x 6 [VIDEO DEMO](#)

Complete one set of A, one set of B, one set of C, one set of D, one set of E; repeat for 2 rounds; rest as needed between exercises/sets.

Block #2 - Sprints

Sprint #	#1	#2	#3	#4	#5	#6
Distance	100 yd	100 yd	100 yd	100 yd	100 yd	100 yd
Time at Start	0:00	3:00	6:00	9:00	12:00	15:00
Time at End M/W	0:14 or 0:16	3:14 or 3:16	6:14 or 6:16	9:14 or 9:16	12:14 or 12:16	15:14 or 15:16

Complete each repetition for the designated distance; start a running clock at the beginning of sprint #1; adhere to start and end times for men/ women.

Cooldown

Low Lizard Lunge (R) x 30 seconds [VIDEO DEMO](#)
 Low Lizard Lunge (L) x 30 seconds [VIDEO DEMO](#)
 90/90 (R) x 30 seconds [VIDEO DEMO](#)
 90/90 (L) x 30 seconds [VIDEO DEMO](#)
 Childs Pose x 30 seconds [VIDEO DEMO](#)
 Childs Pose-Reach Right x 15 seconds [VIDEO DEMO](#)
 Child Pose-Reach Left x 15 seconds [VIDEO DEMO](#)
 Down Dog w. Foot Pedal x 5 each leg + Cobra x 10 seconds [VIDEO DEMO](#)
 Scorpion x 5 each side [VIDEO DEMO](#)
 Prying Squat Hold x 30 seconds [VIDEO DEMO](#)

Complete the sequence two times through.

Aerobic - Day #1	
Warmup	
Jumping Jacks x 20 VIDEO DEMO Skip with Arm Swings x 10 VIDEO DEMO World's Greatest Stretch x 4 each VIDEO DEMO High-Kick Single-Leg RDL x 4 each VIDEO DEMO Rise and Shine Squat x 4 VIDEO DEMO Rise and Shine Pushup x 4 VIDEO DEMO ATW Lunge and Reach x 1 each VIDEO DEMO Pogo with Alternating Split Jump x 5 each VIDEO DEMO (A)Skip x 20 VIDEO DEMO Wideout 2 x 5 VIDEO DEMO	Complete the sequence one time through.
Block #1 - Locomotion Drills	
Jog and Backpedal x 20 yards VIDEO DEMO Shuffle with Arm Swings x 20 yards VIDEO DEMO Skip with Arm Circles x 20 yards VIDEO DEMO Shuffle with Front/Reverse Pivots x 20 yards VIDEO DEMO Gallop x 20 yards VIDEO DEMO Carioca x 20 yards VIDEO DEMO Gallop with Flying Lead Change x 20 yards VIDEO DEMO Running 360s x 20 yards VIDEO DEMO	Complete each exercise in sequence down and back for a total of 20 yards, switch directions halfway.
Block #2 - Track Intervals	
Run 200 meters in 45 seconds. Recovery jog 200 meters in 1 minute 30 seconds. Complete 2 repetitions. Rest 30 seconds. Repeat for 2 total sets.	Ensure you are striving to hit the designated times, make adjustments to intensity if necessary, utilize your full allotted rest time.
Cooldown	
Low Lizard Lunge (R) x 30 seconds VIDEO DEMO Low Lizard Lunge (L) x 30 seconds VIDEO DEMO 90/90 (R) x 30 seconds VIDEO DEMO 90/90 (L) x 30 seconds VIDEO DEMO Childs Pose x 30 seconds VIDEO DEMO Childs Pose-Reach Right x 15 seconds VIDEO DEMO Child Pose-Reach Left x 15 seconds VIDEO DEMO Down Dog w. Foot Pedal x 5 each leg + Cobra x 10 seconds VIDEO DEMO Scorpion x 5 each side VIDEO DEMO Prying Squat Hold x 30 seconds VIDEO DEMO	Complete the sequence two times through.

Aerobic - Day #2

Warmup

Jumping Jacks x 20 [VIDEO DEMO](#)
 Skip with Arm Swings x 10 [VIDEO DEMO](#)
 World's Greatest Stretch x 4 each [VIDEO DEMO](#)
 High-Kick Single-Leg RDL x 4 each [VIDEO DEMO](#)
 Rise and Shine Squat x 4 [VIDEO DEMO](#)
 Rise and Shine Pushup x 4 [VIDEO DEMO](#)
 ATW Lunge and Reach x 1 each [VIDEO DEMO](#)
 Pogo with Alternating Split Jump x 5 each [VIDEO DEMO](#)
 (A)Skip x 20 [VIDEO DEMO](#)
 Wideout 2 x 5 [VIDEO DEMO](#)

Complete the sequence one time through.

Block #1 - Locomotion Drills

Jog and Backpedal x 20 yards [VIDEO DEMO](#)
 Shuffle with Arm Swings x 20 yards [VIDEO DEMO](#)
 Skip with Arm Circles x 20 yards [VIDEO DEMO](#)
 Shuffle with Front/Reverse Pivots x 20 yards [VIDEO DEMO](#)
 Gallop x 20 yards [VIDEO DEMO](#)
 Carioca x 20 yards [VIDEO DEMO](#)
 Gallop with Flying Lead Change x 20 yards [VIDEO DEMO](#)
 Running 360s x 20 yards [VIDEO DEMO](#)

Complete each exercise in sequence down and back for a total of 20 yards, switch directions halfway.

Block #2 - Track Intervals

Run 200 meters in 45 seconds.
 Recovery jog 200 meters in 1 minute 30 seconds.
 Complete 2 repetitions.
 Rest 30 seconds. Repeat for 3 total sets.

Ensure you are striving to hit the designated times, make adjustments to intensity if necessary, utilize your full allotted rest time.

Cooldown

Low Lizard Lunge (R) x 30 seconds [VIDEO DEMO](#)
 Low Lizard Lunge (L) x 30 seconds [VIDEO DEMO](#)
 90/90 (R) x 30 seconds [VIDEO DEMO](#)
 90/90 (L) x 30 seconds [VIDEO DEMO](#)
 Childs Pose x 30 seconds [VIDEO DEMO](#)
 Childs Pose-Reach Right x 15 seconds [VIDEO DEMO](#)
 Child Pose-Reach Left x 15 seconds [VIDEO DEMO](#)
 Down Dog w. Foot Pedal x 5 each leg + Cobra x 10 seconds [VIDEO DEMO](#)
 Scorpion x 5 each side [VIDEO DEMO](#)
 Prying Squat Hold x 30 seconds [VIDEO DEMO](#)

Complete the sequence two times through.

Aerobic - Day #3

Warmup

Jumping Jacks x 20 [VIDEO DEMO](#)
 Skip with Arm Swings x 10 [VIDEO DEMO](#)
 World's Greatest Stretch x 4 each [VIDEO DEMO](#)
 High-Kick Single-Leg RDL x 4 each [VIDEO DEMO](#)
 Rise and Shine Squat x 4 [VIDEO DEMO](#)
 Rise and Shine Pushup x 4 [VIDEO DEMO](#)
 ATW Lunge and Reach x 1 each [VIDEO DEMO](#)
 Pogo with Alternating Split Jump x 5 each [VIDEO DEMO](#)
 (A)Skip x 20 [VIDEO DEMO](#)
 Wideout 2 x 5 [VIDEO DEMO](#)

Complete the sequence one time through.

Block #1 - Locomotion Drills

Jog and Backpedal x 20 yards [VIDEO DEMO](#)
 Shuffle with Arm Swings x 20 yards [VIDEO DEMO](#)
 Skip with Arm Circles x 20 yards [VIDEO DEMO](#)
 Shuffle with Front/Reverse Pivots x 20 yards [VIDEO DEMO](#)
 Gallop x 20 yards [VIDEO DEMO](#)
 Carioca x 20 yards [VIDEO DEMO](#)
 Gallop with Flying Lead Change x 20 yards [VIDEO DEMO](#)
 Running 360s x 20 yards [VIDEO DEMO](#)

Complete each exercise in sequence down and back for a total of 20 yards, switch directions halfway.

Block #2 - Track Intervals

Run 200 meters in 45 seconds.
 Recovery jog 200 meters in 1 minute 30 seconds.
 Complete 3 repetitions.
 Rest 30 seconds. Repeat for 2 total sets.

Ensure you are striving to hit the designated times, make adjustments to intensity if necessary, utilize your full allotted rest time.

Cooldown

Low Lizard Lunge (R) x 30 seconds [VIDEO DEMO](#)
 Low Lizard Lunge (L) x 30 seconds [VIDEO DEMO](#)
 90/90 (R) x 30 seconds [VIDEO DEMO](#)
 90/90 (L) x 30 seconds [VIDEO DEMO](#)
 Childs Pose x 30 seconds [VIDEO DEMO](#)
 Childs Pose-Reach Right x 15 seconds [VIDEO DEMO](#)
 Child Pose-Reach Left x 15 seconds [VIDEO DEMO](#)
 Down Dog w. Foot Pedal x 5 each leg + Cobra x 10 seconds [VIDEO DEMO](#)
 Scorpion x 5 each side [VIDEO DEMO](#)
 Prying Squat Hold x 30 seconds [VIDEO DEMO](#)

Complete the sequence two times through.

Aerobic - Day #4	
Warmup	
Jumping Jacks x 20 VIDEO DEMO Skip with Arm Swings x 10 VIDEO DEMO World's Greatest Stretch x 4 each VIDEO DEMO High-Kick Single-Leg RDL x 4 each VIDEO DEMO Rise and Shine Squat x 4 VIDEO DEMO Rise and Shine Pushup x 4 VIDEO DEMO ATW Lunge and Reach x 1 each VIDEO DEMO Pogo with Alternating Split Jump x 5 each VIDEO DEMO (A)Skip x 20 VIDEO DEMO Wideout 2 x 5 VIDEO DEMO	Complete the sequence one time through.
Block #1 - Locomotion Drills	
Jog and Backpedal x 20 yards VIDEO DEMO Shuffle with Arm Swings x 20 yards VIDEO DEMO Skip with Arm Circles x 20 yards VIDEO DEMO Shuffle with Front/Reverse Pivots x 20 yards VIDEO DEMO Gallop x 20 yards VIDEO DEMO Carioca x 20 yards VIDEO DEMO Gallop with Flying Lead Change x 20 yards VIDEO DEMO Running 360s x 20 yards VIDEO DEMO	Complete each exercise in sequence down and back for a total of 20 yards, switch directions halfway.
Block #2 - 120 Yards every minute on the minute + Continuous Run	
Sprint 120 yards in 25 seconds or less. Rest for 35 seconds or the remainder of the minute, start your next repetition on the next minute. Complete 6 repetitions. Rest for 4 minutes. Repeat for 2 total sets. Complete a continuous run for 8 minutes.	Ensure you are striving to hit the designated times, make adjustments to intensity if necessary, utilize your full allotted rest time.
Cooldown	
Low Lizard Lunge (R) x 30 seconds VIDEO DEMO Low Lizard Lunge (L) x 30 seconds VIDEO DEMO 90/90 (R) x 30 seconds VIDEO DEMO 90/90 (L) x 30 seconds VIDEO DEMO Childs Pose x 30 seconds VIDEO DEMO Childs Pose-Reach Right x 15 seconds VIDEO DEMO Child Pose-Reach Left x 15 seconds VIDEO DEMO Down Dog w. Foot Pedal x 5 each leg + Cobra x 10 seconds VIDEO DEMO Scorpion x 5 each side VIDEO DEMO Prying Squat Hold x 30 seconds VIDEO DEMO	Complete the sequence two times through.

Aerobic - Day #5

Warmup

Jumping Jacks x 20 [VIDEO DEMO](#)
 Skip with Arm Swings x 10 [VIDEO DEMO](#)
 World's Greatest Stretch x 4 each [VIDEO DEMO](#)
 High-Kick Single-Leg RDL x 4 each [VIDEO DEMO](#)
 Rise and Shine Squat x 4 [VIDEO DEMO](#)
 Rise and Shine Pushup x 4 [VIDEO DEMO](#)
 ATW Lunge and Reach x 1 each [VIDEO DEMO](#)
 Pogo with Alternating Split Jump x 5 each [VIDEO DEMO](#)
 (A)Skip x 20 [VIDEO DEMO](#)
 Wideout 2 x 5 [VIDEO DEMO](#)

Complete the sequence one time through.

Block #1 - Locomotion Drills

Jog and Backpedal x 20 yards [VIDEO DEMO](#)
 Shuffle with Arm Swings x 20 yards [VIDEO DEMO](#)
 Skip with Arm Circles x 20 yards [VIDEO DEMO](#)
 Shuffle with Front/Reverse Pivots x 20 yards [VIDEO DEMO](#)
 Gallop x 20 yards [VIDEO DEMO](#)
 Carioca x 20 yards [VIDEO DEMO](#)
 Gallop with Flying Lead Change x 20 yards [VIDEO DEMO](#)
 Running 360s x 20 yards [VIDEO DEMO](#)

Complete each exercise in sequence down and back for a total of 20 yards, switch directions halfway.

Block #2 - Track Intervals

Run 300 meters in 1 minute 45 seconds.
 Recovery jog 100 meters in 1 minute 15 seconds.
 Complete 2 repetitions.
 Rest 30 seconds. Repeat for 3 total sets.

Ensure you are striving to hit the designated times, make adjustments to intensity if necessary, utilize your full allotted rest time.

Cooldown

Low Lizard Lunge (R) x 30 seconds [VIDEO DEMO](#)
 Low Lizard Lunge (L) x 30 seconds [VIDEO DEMO](#)
 90/90 (R) x 30 seconds [VIDEO DEMO](#)
 90/90 (L) x 30 seconds [VIDEO DEMO](#)
 Childs Pose x 30 seconds [VIDEO DEMO](#)
 Childs Pose-Reach Right x 15 seconds [VIDEO DEMO](#)
 Child Pose-Reach Left x 15 seconds [VIDEO DEMO](#)
 Down Dog w. Foot Pedal x 5 each leg + Cobra x 10 seconds [VIDEO DEMO](#)
 Scorpion x 5 each side [VIDEO DEMO](#)
 Prying Squat Hold x 30 seconds [VIDEO DEMO](#)

Complete the sequence two times through.

Aerobic - Day #6	
Warmup	
Jumping Jacks x 20 VIDEO DEMO Skip with Arm Swings x 10 VIDEO DEMO World's Greatest Stretch x 4 each VIDEO DEMO High-Kick Single-Leg RDL x 4 each VIDEO DEMO Rise and Shine Squat x 4 VIDEO DEMO Rise and Shine Pushup x 4 VIDEO DEMO ATW Lunge and Reach x 1 each VIDEO DEMO Pogo with Alternating Split Jump x 5 each VIDEO DEMO (A)Skip x 20 VIDEO DEMO Wideout 2 x 5 VIDEO DEMO	Complete the sequence one time through.
Block #1 - Locomotion Drills	
Jog and Backpedal x 20 yards VIDEO DEMO Shuffle with Arm Swings x 20 yards VIDEO DEMO Skip with Arm Circles x 20 yards VIDEO DEMO Shuffle with Front/Reverse Pivots x 20 yards VIDEO DEMO Gallop x 20 yards VIDEO DEMO Carioca x 20 yards VIDEO DEMO Gallop with Flying Lead Change x 20 yards VIDEO DEMO Running 360s x 20 yards VIDEO DEMO	Complete each exercise in sequence down and back for a total of 20 yards, switch directions halfway.
Block #2 - 120 Yards every minute on the minute + Continuous Run	
Sprint 120 yards in 25 seconds or less. Rest for 35 seconds or the remainder of the minute, start your next repetition on the next minute. Complete 8 reps. Rest for 4 minutes. Repeat for 2 total sets. Complete a continuous run for 12 minutes.	Ensure you are striving to hit the designated times, make adjustments to intensity if necessary, utilize your full allotted rest time.
Cooldown	
Low Lizard Lunge (R) x 30 seconds VIDEO DEMO Low Lizard Lunge (L) x 30 seconds VIDEO DEMO 90/90 (R) x 30 seconds VIDEO DEMO 90/90 (L) x 30 seconds VIDEO DEMO Childs Pose x 30 seconds VIDEO DEMO Childs Pose-Reach Right x 15 seconds VIDEO DEMO Child Pose-Reach Left x 15 seconds VIDEO DEMO Down Dog w. Foot Pedal x 5 each leg + Cobra x 10 seconds VIDEO DEMO Scorpion x 5 each side VIDEO DEMO Prying Squat Hold x 30 seconds VIDEO DEMO	Complete the sequence two times through.

Aerobic - Day #7

Warmup

Jumping Jacks x 20 [VIDEO DEMO](#)
 Skip with Arm Swings x 10 [VIDEO DEMO](#)
 World's Greatest Stretch x 4 each [VIDEO DEMO](#)
 High-Kick Single-Leg RDL x 4 each [VIDEO DEMO](#)
 Rise and Shine Squat x 4 [VIDEO DEMO](#)
 Rise and Shine Pushup x 4 [VIDEO DEMO](#)
 ATW Lunge and Reach x 1 each [VIDEO DEMO](#)
 Pogo with Alternating Split Jump x 5 each [VIDEO DEMO](#)
 (A)Skip x 20 [VIDEO DEMO](#)
 Wideout 2 x 5 [VIDEO DEMO](#)

Complete the sequence one time through.

Block #1 - Locomotion Drills

Jog and Backpedal x 20 yards [VIDEO DEMO](#)
 Shuffle with Arm Swings x 20 yards [VIDEO DEMO](#)
 Skip with Arm Circles x 20 yards [VIDEO DEMO](#)
 Shuffle with Front/Reverse Pivots x 20 yards [VIDEO DEMO](#)
 Gallop x 20 yards [VIDEO DEMO](#)
 Carioca x 20 yards [VIDEO DEMO](#)
 Gallop with Flying Lead Change x 20 yards [VIDEO DEMO](#)
 Running 360s x 20 yards [VIDEO DEMO](#)

Complete each exercise in sequence down and back for a total of 20 yards, switch directions halfway.

Block #2 - Track Intervals

Run 300 meters in 1 minute 45 seconds.
 Recovery jog 100 meters in 1 minute 15 seconds.
 Complete 3 repetitions.
 Rest 30 seconds. Repeat for 2 total sets.

Ensure you are striving to hit the designated times, make adjustments to intensity if necessary, utilize your full allotted rest time.

Cooldown

Low Lizard Lunge (R) x 30 seconds [VIDEO DEMO](#)
 Low Lizard Lunge (L) x 30 seconds [VIDEO DEMO](#)
 90/90 (R) x 30 seconds [VIDEO DEMO](#)
 90/90 (L) x 30 seconds [VIDEO DEMO](#)
 Childs Pose x 30 seconds [VIDEO DEMO](#)
 Childs Pose-Reach Right x 15 seconds [VIDEO DEMO](#)
 Child Pose-Reach Left x 15 seconds [VIDEO DEMO](#)
 Down Dog w. Foot Pedal x 5 each leg + Cobra x 10 seconds [VIDEO DEMO](#)
 Scorpion x 5 each side [VIDEO DEMO](#)
 Prying Squat Hold x 30 seconds [VIDEO DEMO](#)

Complete the sequence two times through.

Aerobic - Day #8

Warmup

Jumping Jacks x 20 [VIDEO DEMO](#)
 Skip with Arm Swings x 10 [VIDEO DEMO](#)
 World's Greatest Stretch x 4 each [VIDEO DEMO](#)
 High-Kick Single-Leg RDL x 4 each [VIDEO DEMO](#)
 Rise and Shine Squat x 4 [VIDEO DEMO](#)
 Rise and Shine Pushup x 4 [VIDEO DEMO](#)
 ATW Lunge and Reach x 1 each [VIDEO DEMO](#)
 Pogo with Alternating Split Jump x 5 each [VIDEO DEMO](#)
 (A)Skip x 20 [VIDEO DEMO](#)
 Wideout 2 x 5 [VIDEO DEMO](#)

Complete the sequence one time through.

Block #1 - Locomotion Drills

Jog and Backpedal x 20 yards [VIDEO DEMO](#)
 Shuffle with Arm Swings x 20 yards [VIDEO DEMO](#)
 Skip with Arm Circles x 20 yards [VIDEO DEMO](#)
 Shuffle with Front/Reverse Pivots x 20 yards [VIDEO DEMO](#)
 Gallop x 20 yards [VIDEO DEMO](#)
 Carioca x 20 yards [VIDEO DEMO](#)
 Gallop with Flying Lead Change x 20 yards [VIDEO DEMO](#)
 Running 360s x 20 yards [VIDEO DEMO](#)

Complete each exercise in sequence down and back for a total of 20 yards, switch directions halfway.

Block #2 - Tempo Run + Continuous Run

Rep	#1	#2	#3	#4	#5	#6	#7	#8	#9	#10	#11	#12
Sprint	100	200	100	100	100	200	200	100	100	100	200	100
Walk	50	100	50	50	50	100	100	50	50	50	100	100
Complete a continuous run for 16 minutes.												

Complete all twelve repetitions in sequence with no rest; for every 100 yard sprint, walk 50 yards; for every 200 yard sprint walk 100 yards.

Cooldown

Low Lizard Lunge (R) x 30 seconds [VIDEO DEMO](#)
 Low Lizard Lunge (L) x 30 seconds [VIDEO DEMO](#)
 90/90 (R) x 30 seconds [VIDEO DEMO](#)
 90/90 (L) x 30 seconds [VIDEO DEMO](#)
 Childs Pose x 30 seconds [VIDEO DEMO](#)
 Childs Pose-Reach Right x 15 seconds [VIDEO DEMO](#)
 Child Pose-Reach Left x 15 seconds [VIDEO DEMO](#)
 Down Dog w. Foot Pedal x 5 each leg + Cobra x 10 seconds [VIDEO DEMO](#)
 Scorpion x 5 each side [VIDEO DEMO](#)
 Prying Squat Hold x 30 seconds [VIDEO DEMO](#)

Complete the sequence two times through.

Aerobic - Day #9	
Warmup	
Jumping Jacks x 20 VIDEO DEMO Skip with Arm Swings x 10 VIDEO DEMO World's Greatest Stretch x 4 each VIDEO DEMO High-Kick Single-Leg RDL x 4 each VIDEO DEMO Rise and Shine Squat x 4 VIDEO DEMO Rise and Shine Pushup x 4 VIDEO DEMO ATW Lunge and Reach x 1 each VIDEO DEMO Pogo with Alternating Split Jump x 5 each VIDEO DEMO (A)Skip x 20 VIDEO DEMO Wideout 2 x 5 VIDEO DEMO	Complete the sequence one time through.
Block #1 - Locomotion Drills	
Jog and Backpedal x 20 yards VIDEO DEMO Shuffle with Arm Swings x 20 yards VIDEO DEMO Skip with Arm Circles x 20 yards VIDEO DEMO Shuffle with Front/Reverse Pivots x 20 yards VIDEO DEMO Gallop x 20 yards VIDEO DEMO Carioca x 20 yards VIDEO DEMO Gallop with Flying Lead Change x 20 yards VIDEO DEMO Running 360s x 20 yards VIDEO DEMO	Complete each exercise in sequence down and back for a total of 20 yards, switch directions halfway.
Block #2 - Football Field Intervals	
Run the width of a football field in 18 seconds. Recovery jog back across in 42 seconds. Complete 10 repetitions. Rest 5 minutes. Repeat for 2 total sets.	Ensure you are striving to hit the designated times, make adjustments to intensity if necessary, utilize your full allotted rest time.
Cooldown	
Low Lizard Lunge (R) x 30 seconds VIDEO DEMO Low Lizard Lunge (L) x 30 seconds VIDEO DEMO 90/90 (R) x 30 seconds VIDEO DEMO 90/90 (L) x 30 seconds VIDEO DEMO Childs Pose x 30 seconds VIDEO DEMO Childs Pose-Reach Right x 15 seconds VIDEO DEMO Child Pose-Reach Left x 15 seconds VIDEO DEMO Down Dog w. Foot Pedal x 5 each leg + Cobra x 10 seconds VIDEO DEMO Scorpion x 5 each side VIDEO DEMO Prying Squat Hold x 30 seconds VIDEO DEMO	Complete the sequence two times through.

Aerobic - Day #10

Warmup

Jumping Jacks x 20 [VIDEO DEMO](#)
 Skip with Arm Swings x 10 [VIDEO DEMO](#)
 World's Greatest Stretch x 4 each [VIDEO DEMO](#)
 High-Kick Single-Leg RDL x 4 each [VIDEO DEMO](#)
 Rise and Shine Squat x 4 [VIDEO DEMO](#)
 Rise and Shine Pushup x 4 [VIDEO DEMO](#)
 ATW Lunge and Reach x 1 each [VIDEO DEMO](#)
 Pogo with Alternating Split Jump x 5 each [VIDEO DEMO](#)
 (A)Skip x 20 [VIDEO DEMO](#)
 Wideout 2 x 5 [VIDEO DEMO](#)

Complete the sequence one time through.

Block #1 - Locomotion Drills

Jog and Backpedal x 20 yards [VIDEO DEMO](#)
 Shuffle with Arm Swings x 20 yards [VIDEO DEMO](#)
 Skip with Arm Circles x 20 yards [VIDEO DEMO](#)
 Shuffle with Front/Reverse Pivots x 20 yards [VIDEO DEMO](#)
 Gallop x 20 yards [VIDEO DEMO](#)
 Carioca x 20 yards [VIDEO DEMO](#)
 Gallop with Flying Lead Change x 20 yards [VIDEO DEMO](#)
 Running 360s x 20 yards [VIDEO DEMO](#)

Complete each exercise in sequence down and back for a total of 20 yards, switch directions halfway.

Block #2 - Track Intervals

Run 400 meters in 1 minute 30 seconds.
 Rest for 1 minute.
 Complete 4 repetitions.

Ensure you are striving to hit the designated times, make adjustments to intensity if necessary, utilize your full allotted rest time.

Cooldown

Low Lizard Lunge (R) x 30 seconds [VIDEO DEMO](#)
 Low Lizard Lunge (L) x 30 seconds [VIDEO DEMO](#)
 90/90 (R) x 30 seconds [VIDEO DEMO](#)
 90/90 (L) x 30 seconds [VIDEO DEMO](#)
 Childs Pose x 30 seconds [VIDEO DEMO](#)
 Childs Pose-Reach Right x 15 seconds [VIDEO DEMO](#)
 Child Pose-Reach Left x 15 seconds [VIDEO DEMO](#)
 Down Dog w. Foot Pedal x 5 each leg + Cobra x 10 seconds [VIDEO DEMO](#)
 Scorpion x 5 each side [VIDEO DEMO](#)
 Prying Squat Hold x 30 seconds [VIDEO DEMO](#)

Complete the sequence two times through.

Aerobic - Day #11

Warmup

Jumping Jacks x 20 [VIDEO DEMO](#)
 Skip with Arm Swings x 10 [VIDEO DEMO](#)
 World's Greatest Stretch x 4 each [VIDEO DEMO](#)
 High-Kick Single-Leg RDL x 4 each [VIDEO DEMO](#)
 Rise and Shine Squat x 4 [VIDEO DEMO](#)
 Rise and Shine Pushup x 4 [VIDEO DEMO](#)
 ATW Lunge and Reach x 1 each [VIDEO DEMO](#)
 Pogo with Alternating Split Jump x 5 each [VIDEO DEMO](#)
 (A)Skip x 20 [VIDEO DEMO](#)
 Wideout 2 x 5 [VIDEO DEMO](#)

Complete the sequence one time through.

Block #1 - Locomotion Drills

Jog and Backpedal x 20 yards [VIDEO DEMO](#)
 Shuffle with Arm Swings x 20 yards [VIDEO DEMO](#)
 Skip with Arm Circles x 20 yards [VIDEO DEMO](#)
 Shuffle with Front/Reverse Pivots x 20 yards [VIDEO DEMO](#)
 Gallop x 20 yards [VIDEO DEMO](#)
 Carioca x 20 yards [VIDEO DEMO](#)
 Gallop with Flying Lead Change x 20 yards [VIDEO DEMO](#)
 Running 360s x 20 yards [VIDEO DEMO](#)

Complete each exercise in sequence down and back for a total of 20 yards, switch directions halfway.

Block #2 - Tempo Run + Continuous Run

Rep	#1	#2	#3	#4	#5	#6	#7	#8	#9	#10	#11	#12
Sprint	100	200	100	100	100	200	200	100	100	100	200	100
Walk	50	100	50	50	50	100	100	50	50	50	100	100
Complete a continuous run for 20 minutes.												

Complete all twelve repetitions in sequence with no rest; for every 100 yard sprint, walk 50 yards; for every 200 yard sprint walk 100 yards.

Cooldown

Low Lizard Lunge (R) x 30 seconds [VIDEO DEMO](#)
 Low Lizard Lunge (L) x 30 seconds [VIDEO DEMO](#)
 90/90 (R) x 30 seconds [VIDEO DEMO](#)
 90/90 (L) x 30 seconds [VIDEO DEMO](#)
 Childs Pose x 30 seconds [VIDEO DEMO](#)
 Childs Pose-Reach Right x 15 seconds [VIDEO DEMO](#)
 Child Pose-Reach Left x 15 seconds [VIDEO DEMO](#)
 Down Dog w. Foot Pedal x 5 each leg + Cobra x 10 seconds [VIDEO DEMO](#)
 Scorpion x 5 each side [VIDEO DEMO](#)
 Prying Squat Hold x 30 seconds [VIDEO DEMO](#)

Complete the sequence two times through.

Aerobic - Day #12	
Warmup	
Jumping Jacks x 20 VIDEO DEMO Skip with Arm Swings x 10 VIDEO DEMO World's Greatest Stretch x 4 each VIDEO DEMO High-Kick Single-Leg RDL x 4 each VIDEO DEMO Rise and Shine Squat x 4 VIDEO DEMO Rise and Shine Pushup x 4 VIDEO DEMO ATW Lunge and Reach x 1 each VIDEO DEMO Pogo with Alternating Split Jump x 5 each VIDEO DEMO (A)Skip x 20 VIDEO DEMO Wideout 2 x 5 VIDEO DEMO	Complete the sequence one time through.
Block #1 - Locomotion Drills	
Jog and Backpedal x 20 yards VIDEO DEMO Shuffle with Arm Swings x 20 yards VIDEO DEMO Skip with Arm Circles x 20 yards VIDEO DEMO Shuffle with Front/Reverse Pivots x 20 yards VIDEO DEMO Gallop x 20 yards VIDEO DEMO Carioca x 20 yards VIDEO DEMO Gallop with Flying Lead Change x 20 yards VIDEO DEMO Running 360s x 20 yards VIDEO DEMO	Complete each exercise in sequence down and back for a total of 20 yards, switch directions halfway.
Block #2 - Football Field Intervals	
Run the width of a football field in 15 seconds. Recovery jog back across in 45 seconds. Complete 10 repetitions. Rest 5 minutes. Repeat for 2 total sets.	Ensure you are striving to hit the designated times, make adjustments to intensity if necessary, utilize your full allotted rest time.
Cooldown	
Low Lizard Lunge (R) x 30 seconds VIDEO DEMO Low Lizard Lunge (L) x 30 seconds VIDEO DEMO 90/90 (R) x 30 seconds VIDEO DEMO 90/90 (L) x 30 seconds VIDEO DEMO Childs Pose x 30 seconds VIDEO DEMO Childs Pose-Reach Right x 15 seconds VIDEO DEMO Child Pose-Reach Left x 15 seconds VIDEO DEMO Down Dog w. Foot Pedal x 5 each leg + Cobra x 10 seconds VIDEO DEMO Scorpion x 5 each side VIDEO DEMO Prying Squat Hold x 30 seconds VIDEO DEMO	Complete the sequence two times through.

Aerobic - Day #13

Warmup

Jumping Jacks x 20 [VIDEO DEMO](#)
 Skip with Arm Swings x 10 [VIDEO DEMO](#)
 World's Greatest Stretch x 4 each [VIDEO DEMO](#)
 High-Kick Single-Leg RDL x 4 each [VIDEO DEMO](#)
 Rise and Shine Squat x 4 [VIDEO DEMO](#)
 Rise and Shine Pushup x 4 [VIDEO DEMO](#)
 ATW Lunge and Reach x 1 each [VIDEO DEMO](#)
 Pogo with Alternating Split Jump x 5 each [VIDEO DEMO](#)
 (A)Skip x 20 [VIDEO DEMO](#)
 Wideout 2 x 5 [VIDEO DEMO](#)

Complete the sequence one time through.

Block #1 - Locomotion Drills

Jog and Backpedal x 20 yards [VIDEO DEMO](#)
 Shuffle with Arm Swings x 20 yards [VIDEO DEMO](#)
 Skip with Arm Circles x 20 yards [VIDEO DEMO](#)
 Shuffle with Front/Reverse Pivots x 20 yards [VIDEO DEMO](#)
 Gallop x 20 yards [VIDEO DEMO](#)
 Carioca x 20 yards [VIDEO DEMO](#)
 Gallop with Flying Lead Change x 20 yards [VIDEO DEMO](#)
 Running 360s x 20 yards [VIDEO DEMO](#)

Complete each exercise in sequence down and back for a total of 20 yards, switch directions halfway.

Block #2 - Timed run

Run 1.5 miles as fast as possible.

Use this as an AFT time trial; give maximal effort.

Cooldown

Low Lizard Lunge (R) x 30 seconds [VIDEO DEMO](#)
 Low Lizard Lunge (L) x 30 seconds [VIDEO DEMO](#)
 90/90 (R) x 30 seconds [VIDEO DEMO](#)
 90/90 (L) x 30 seconds [VIDEO DEMO](#)
 Childs Pose x 30 seconds [VIDEO DEMO](#)
 Childs Pose-Reach Right x 15 seconds [VIDEO DEMO](#)
 Child Pose-Reach Left x 15 seconds [VIDEO DEMO](#)
 Down Dog w. Foot Pedal x 5 each leg + Cobra x 10 seconds [VIDEO DEMO](#)
 Scorpion x 5 each side [VIDEO DEMO](#)
 Prying Squat Hold x 30 seconds [VIDEO DEMO](#)

Complete the sequence two times through.

Aerobic - Day #14

Warmup

Jumping Jacks x 20 [VIDEO DEMO](#)
 Skip with Arm Swings x 10 [VIDEO DEMO](#)
 World's Greatest Stretch x 4 each [VIDEO DEMO](#)
 High-Kick Single-Leg RDL x 4 each [VIDEO DEMO](#)
 Rise and Shine Squat x 4 [VIDEO DEMO](#)
 Rise and Shine Pushup x 4 [VIDEO DEMO](#)
 ATW Lunge and Reach x 1 each [VIDEO DEMO](#)
 Pogo with Alternating Split Jump x 5 each [VIDEO DEMO](#)
 (A)Skip x 20 [VIDEO DEMO](#)
 Wideout 2 x 5 [VIDEO DEMO](#)

Complete the sequence one time through.

Block #1 - Locomotion Drills

Jog and Backpedal x 20 yards [VIDEO DEMO](#)
 Shuffle with Arm Swings x 20 yards [VIDEO DEMO](#)
 Skip with Arm Circles x 20 yards [VIDEO DEMO](#)
 Shuffle with Front/Reverse Pivots x 20 yards [VIDEO DEMO](#)
 Gallop x 20 yards [VIDEO DEMO](#)
 Carioca x 20 yards [VIDEO DEMO](#)
 Gallop with Flying Lead Change x 20 yards [VIDEO DEMO](#)
 Running 360s x 20 yards [VIDEO DEMO](#)

Complete each exercise in sequence down and back for a total of 20 yards, switch directions halfway.

Block #2 - Tempo Run + Continuous Run

Rep	#1	#2	#3	#4	#5	#6	#7	#8	#9	#10	#11	#12
Sprint	100	200	100	100	100	200	200	100	100	100	200	100
Walk	50	100	50	50	50	100	100	50	50	50	100	100
Complete a continuous run for 24 minutes.												

Complete all twelve repetitions in sequence with no rest; for every 100 yard sprint, walk 50 yards; for every 200 yard sprint walk 100 yards.

Cooldown

Low Lizard Lunge (R) x 30 seconds [VIDEO DEMO](#)
 Low Lizard Lunge (L) x 30 seconds [VIDEO DEMO](#)
 90/90 (R) x 30 seconds [VIDEO DEMO](#)
 90/90 (L) x 30 seconds [VIDEO DEMO](#)
 Childs Pose x 30 seconds [VIDEO DEMO](#)
 Childs Pose-Reach Right x 15 seconds [VIDEO DEMO](#)
 Child Pose-Reach Left x 15 seconds [VIDEO DEMO](#)
 Down Dog w. Foot Pedal x 5 each leg + Cobra x 10 seconds [VIDEO DEMO](#)
 Scorpion x 5 each side [VIDEO DEMO](#)
 Prying Squat Hold x 30 seconds [VIDEO DEMO](#)

Complete the sequence two times through.

Aerobic - Day #15	
Warmup	
Jumping Jacks x 20 VIDEO DEMO Skip with Arm Swings x 10 VIDEO DEMO World's Greatest Stretch x 4 each VIDEO DEMO High-Kick Single-Leg RDL x 4 each VIDEO DEMO Rise and Shine Squat x 4 VIDEO DEMO Rise and Shine Pushup x 4 VIDEO DEMO ATW Lunge and Reach x 1 each VIDEO DEMO Pogo with Alternating Split Jump x 5 each VIDEO DEMO (A)Skip x 20 VIDEO DEMO Wideout 2 x 5 VIDEO DEMO	Complete the sequence one time through.
Block #1 - Locomotion Drills	
Jog and Backpedal x 20 yards VIDEO DEMO Shuffle with Arm Swings x 20 yards VIDEO DEMO Skip with Arm Circles x 20 yards VIDEO DEMO Shuffle with Front/Reverse Pivots x 20 yards VIDEO DEMO Gallop x 20 yards VIDEO DEMO Carioca x 20 yards VIDEO DEMO Gallop with Flying Lead Change x 20 yards VIDEO DEMO Running 360s x 20 yards VIDEO DEMO	Complete each exercise in sequence down and back for a total of 20 yards, switch directions halfway.
Block #2 - Football Field Intervals	
Run the width of a football field in 12 seconds. Recovery jog back across in 48 seconds. Complete 10 repetitions. Rest 5 minutes. Repeat for 2 total sets.	Ensure you are striving to hit the designated times, make adjustments to intensity if necessary, utilize your full allotted rest time.
Cooldown	
Low Lizard Lunge (R) x 30 seconds VIDEO DEMO Low Lizard Lunge (L) x 30 seconds VIDEO DEMO 90/90 (R) x 30 seconds VIDEO DEMO 90/90 (L) x 30 seconds VIDEO DEMO Childs Pose x 30 seconds VIDEO DEMO Childs Pose-Reach Right x 15 seconds VIDEO DEMO Child Pose-Reach Left x 15 seconds VIDEO DEMO Down Dog w. Foot Pedal x 5 each leg + Cobra x 10 seconds VIDEO DEMO Scorpion x 5 each side VIDEO DEMO Prying Squat Hold x 30 seconds VIDEO DEMO	Complete the sequence two times through.

Aerobic - Day #16

Warmup

Jumping Jacks x 20 [VIDEO DEMO](#)
 Skip with Arm Swings x 10 [VIDEO DEMO](#)
 World's Greatest Stretch x 4 each [VIDEO DEMO](#)
 High-Kick Single-Leg RDL x 4 each [VIDEO DEMO](#)
 Rise and Shine Squat x 4 [VIDEO DEMO](#)
 Rise and Shine Pushup x 4 [VIDEO DEMO](#)
 ATW Lunge and Reach x 1 each [VIDEO DEMO](#)
 Pogo with Alternating Split Jump x 5 each [VIDEO DEMO](#)
 (A)Skip x 20 [VIDEO DEMO](#)
 Wideout 2 x 5 [VIDEO DEMO](#)

Complete the sequence one time through.

Block #1 - Locomotion Drills

Jog and Backpedal x 20 yards [VIDEO DEMO](#)
 Shuffle with Arm Swings x 20 yards [VIDEO DEMO](#)
 Skip with Arm Circles x 20 yards [VIDEO DEMO](#)
 Shuffle with Front/Reverse Pivots x 20 yards [VIDEO DEMO](#)
 Gallop x 20 yards [VIDEO DEMO](#)
 Carioca x 20 yards [VIDEO DEMO](#)
 Gallop with Flying Lead Change x 20 yards [VIDEO DEMO](#)
 Running 360s x 20 yards [VIDEO DEMO](#)

Complete each exercise in sequence down and back for a total of 20 yards, switch directions halfway.

Block #2 - Track Intervals

Sprint 400 meters as fast as possible.
 • Rest for 1 minute 30 seconds.
 Complete 2 repetitions.
 Sprint 200 meters as fast as possible.
 • Rest for 1 minute 30 seconds.
 Complete 2 repetitions.

Ensure you are striving to hit the designated times, make adjustments to intensity if necessary, utilize your full allotted rest time.

Cooldown

Low Lizard Lunge (R) x 30 seconds [VIDEO DEMO](#)
 Low Lizard Lunge (L) x 30 seconds [VIDEO DEMO](#)
 90/90 (R) x 30 seconds [VIDEO DEMO](#)
 90/90 (L) x 30 seconds [VIDEO DEMO](#)
 Childs Pose x 30 seconds [VIDEO DEMO](#)
 Childs Pose-Reach Right x 15 seconds [VIDEO DEMO](#)
 Child Pose-Reach Left x 15 seconds [VIDEO DEMO](#)
 Down Dog w. Foot Pedal x 5 each leg + Cobra x 10 seconds [VIDEO DEMO](#)
 Scorpion x 5 each side [VIDEO DEMO](#)
 Prying Squat Hold x 30 seconds [VIDEO DEMO](#)

Complete the sequence two times through.



ANNEX B

Drum and Bugle Corps

DEPARTMENT OF THE AIR FORCE HEADQUARTERS

UNITED STATES, U.S. AIR FORCE ACADEMY

U.S. Air Force Academy, Colorado

FROM: USAFA/BA (719/333-2055)
2348 Sijan Drive, Suite 3A51
U.S. Air Force Academy, CO
80840-8264

XXXXX

SUBJECT: Information and Application / U.S. Air Force Academy Drum and Bugle Corps

TO: Cadet Candidate

1. Since 1971, the "Flight of Sound" has been entertaining audiences across the nation with exciting performances. The Corps has performed for more than 100 million people nationwide. It is a live combination of military precision and musical blend of a well-directed band. Performing an average of 100 times per year, they have become known as the Academy's ambassadors of musical excellence. The 2026-2027 Corps promises to be an awe-inspiring experience that you can be a part of throughout the academic year.
2. The mission of the U.S. Air Force Academy Drum and Bugle Corps is essentially two-fold. The primary mission is to support Cadet Wing events. The other half is public relations. The Corps travels thousands of miles each year performing at Academy home and away football games. Some of the past highlight parade appearances are: Presidential Inaugural, Macy's Thanksgiving Day in New York City, Mardi Gras in New Orleans, and the Tournament of Roses in Pasadena, California. In addition, the Corps occasionally travel to Aspen and Keystone Colorado ski resorts to perform at various functions while enjoying the skiing opportunities. The "Flight of Sound" has performed across the United States.
3. The brass section consists of trumpet, F mellophone (French horn), baritone and trombone, euphonium and tuba. The drum line includes snares, tenors, bass drums, and cymbals. **If you have ever played any musical instrument, we can use you!** Woodwind/string players are welcome to join the Corps, as the transition to a brass or percussion instrument can be fairly quick. Everyone may audition/interview and will be given instruction. Reading music is our biggest desire. If you played an instrument a few years ago and stopped, we are still interested in you.
4. No previous Drum and Bugle Corps experience is required of new members.
5. Fourth-class cadets are permitted and encouraged to participate in the Cadet Drum and Bugle Corps. These cadets are allowed to travel with the Corps to all football games and performances away from the Academy. This fall we have these potential away football games to support: **support: Army at West Point, Hawaii, Nevada, New Mexico, Wyoming.**
6. Auditions for the Corps will be held immediately following Basic Cadet Training in early August. If you are interested in the Corps, please fill out the form on the reverse side, return it, or scan/email to **USAFADrumBugle@gmail.com**. Please direct any questions you might have to this email address as well. Again, **everyone** with any musical background is encouraged to join Drum and Bugle Corps. It's a great experience. Please visit and "like" us on our Facebook page, "United States Air Force Academy Cadet Drum & Bugle Corps".

//Signed//

TSgt Ryan Spencer
Director
U.S. Air Force Academy Drum and Bugle Corps

TO: U.S. Air Force Drum and Bugle Corps
2348 Sijan Dr., Suite 3A51
U.S. Air Force Academy, CO 80840
Email: USAFADrumBugle@gmail.com

I am interested in auditioning/interviewing for the Cadet Drum and Bugle Corps.

NAME:

(Print) Last First MI

Hometown:

State:

INSTRUMENT: _____ YRS EXPERIENCE:

SECOND INSTRUMENT: _____ YRS EXPERIENCE:

Can you read music? **Y/N** (Circle)

Years Marching (if any): _____

LIST OF ANY ADDITIONAL MUSIC OR PERFORMANCE CREDENTIALS BELOW

(awards, music scholarships, band leadership positions, marching experience, etc.)

Signature

ANNEX C

Pre-Accession Religious Accommodations Requests Statement of Understanding

DD-MMM-YY

Lt. Gen. Tony D. Bauernfeind, Superintendent
2304 Cadet Drive, Suite 3300
U.S. Air Force Academy, Colorado 80840

Appointee name Address
City, state, zip

To the superintendent of the U.S. Air Force Academy,

I understand that Department of the Air Force policy is to accommodate religious practices whenever possible, unless doing so would have an adverse impact on mission accomplishment, including military readiness, unit cohesion, good order, discipline or health and safety.

I understand accommodation of my religious practices cannot be always guaranteed. I understand that determination of military necessity rests entirely with my chain of command, and that I will be expected to comply with Department of the Air Force policy, practice or duty from which I am requesting accommodation unless and until approved by the designated authority.

I do desire to request support for the following religious practice(s):

(Type of request)

(Appointee signature)

Pre-accession Religious Accommodation Uniform Template

DD-MMM-YY

Lt. Gen. Tony D. Bauernfeind, Superintendent
2304 Cadet Drive, Suite 3300
U.S. Air Force Academy, Colorado 80840

Appointee name Address
City, state, zip

To the superintendent of the U.S. Air Force Academy,

I am an appointee to the U.S. Air Force Academy. I request a religious accommodation waiver from the **[(uniform) (grooming) (uniform and grooming)]** requirements of Air Force Instruction (DAFI) 36-2903, Dress and Appearance of Air Force Personnel, to wear **[describe requested religious accommodation]**. I request that this determination be made before I accept entry into the U.S. Air Force Academy.

Enclosed is a **[description or photograph of my requested accommodation]** and **[any other relevant documentation]**. I understand that the school's recruiting office will assist me in arranging for an in-person or telephonic interview with a Department of the Air Force chaplain as part of the process for requesting religious accommodation.

I understand that if I choose to enter the service academy before my request is acted upon, I will be required to comply with the uniform and grooming standards of AFI 36-2903, Dress and Personal Appearance of Air Force Personnel unless or until I am notified that my request is approved.

If my request is disapproved, I understand I may choose to enter the service academy without accommodation, or I may choose to discontinue the appointee process. I understand that approved accommodation continues throughout my career but may be suspended, modified, or revoked by appropriate authorities when required by military necessity.

The point of contact for this request is the undersigned at **[phone number]** or **[email address]**.

JOHN D. DOE
Appointee

Pre-accession Religious Accommodation Vaccine Template

DD-MMM-YY

Lt. Gen. Tony D. Bauernfeind, Superintendent
2304 Cadet Drive, Suite 3300
U.S. Air Force Academy, Colorado 80840

Appointee name Address
City, state, zip

To the superintendent of the U.S. Air Force Academy,

I am an appointee to the U.S. Air Force Academy. I request a religious accommodation waiver from the immunization requirements in AFI 48-110_IP, Immunization and Chemoprophylaxis for Prevention of Infectious Disease, to receive a vaccine exemption from **[vaccine name(s) and describe requested religious accommodation (please be as specific as possible)]**. I request that this determination be made before I accept entry into the United States U. S. Air Force Academy.

Enclosed is **[describe relevant documentation]**. I understand that the school's recruiting office will assist me in arranging for an in-person or telephonic interview with a Department of the Air Force chaplain and a medical provider as part of the process for requesting religious accommodation.

I understand that I will receive a temporary waiver for my vaccine exemption until I am notified that my request is approved. If my request is disapproved, I understand I may choose to enter the service academy without accommodation, or I may choose to discontinue the appointee process. I understand that approved accommodation continues throughout my career but may be suspended, modified, or revoked by appropriate authorities when required by military necessity.

The point of contact for this request is the undersigned at **[phone number]** or **[email address]**.

JOHN D. DOE
Appointee