



U.S. NAVAL SEA CADET CORPS  
FIELD OPERATIONS – CALIFORNIA  
CAMP PENDLETON, CA

**MEMORANDUM**

From: Officer-in-Charge, Field Operations-California  
To: Basic Land Navigation Training Cadets  
Subj: BASIC LAND NAVIGATION TRAINING WELCOME ABOARD PACKAGE  
Ref: (a) <http://sites.google.com/site/fieldoperationsca/>

Encl: (1) Sea Bag List  
(2) Blister Awareness/Boot Preparation Notice  
(3) FOCA Code of Conduct  
(4) Hydration Policy  
(5) Contact Information  
(6) Reporting Instructions  
(7) Travel Itinerary

1. On behalf of the Commanding Officer for the Region 11 Summer Training Command 2012, I would like to extend a heartfelt welcome to Summer Intermediate Field Training. During the 14 days you will be spending with us from 24JUN12 - 07JUL12, you will be exposed to a myriad of classroom and hands-on evolutions. This training will be demanding both mentally and physically, but above all, FUN! For cadets traveling by air, please be sure to reference Encl. (7) and arrive the day before training begins (23JUN12).
2. As with every evolution we learn from our mistakes and then apply those lessons learned toward future trainings. The enclosed paperwork is a compilation of those lessons learned and is not meant to discourage you, but instead to aid you in being fully prepared and ready to succeed and above all, have as much fun as possible at YOUR advanced training. Please review each page CAREFULLY and COMPLETELY before moving on.
3. We are looking forward to training with you this summer and on behalf of my cadre and I, WELCOME ABOARD!

J. S. SHELTON  
ENS NSCC  
FOCA-OIC

BASIC LAND NAVIGATION TRAINING WELCOME ABOARD PACKAGE

BASIC LAND NAVIGATION (SUMMER) SEA BAG LIST

Cadet Name (Print): \_\_\_\_\_

**CLOTHING**

- Blouse, BDU - 2
  - Nametape, Green - 1 Ea.
  - USNSCC Branch Tape, Green - 1 Ea.
  - Shoulder Flash, USNSCC, Green - 1 Pr. Ea.
  - Rank, Collar or Sleeve, Green - 1 Ea. (E-2 and above only)
- Pants, BDU - 2
  - Nametape, Green - 1 Ea.
- Cap, 8-Point, Woodland - 1
  - USNSCC Flash, Cover, Green - 1 Ea.
- Shirt, Brown - 5
- Shirt, PT, Yellow - 2
- Shirt, Black - 2
- Socks, Green/Black - 5
- Socks, White - 5
- Underwear - 5
- Shoes, Athletic - 1 pr. (**NO** Slip-Ons or Deck Shoes)
- Boots, Black - 1
- Straps, Blousing - 2 pr.
- Belt, Nylon, Black - 1
- Buckle, Belt, Open-Face, Black - 1
- Shorts, PT - 2
- Bra, Sport/Athletic - 1 (Females Only)

**EQUIPMENT**

- NSCC ID Card
- Sea Bag - 1
- Water System - 1
  - o Belt, Web - 1
  - o Cover, Canteen - 1
  - o Canteen - 1
- or-
- o Camelback, Field Appropriate Color - 1
- Flashlight with Red or Blue Lenses - 1
- Sunscreen, SPF 30 or greater - 1
- Chap Stick - 1
- Detergent, Laundry - 1
- Notebook, 4"x6" (No smaller) - 1
- Watch, Wrist, Field Appropriate Color - 1
- Kit, Sewing - 1

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- Kit, Shoe Shine - 1
- Lock, Pad with 2 Keys - 1
- Chain, Neck - 1

**TOILETRIES**

- Deodorant, Stick (No Aerosol Cans) - 1
- Shampoo - 1
- Conditioner - 1
- Soap, Body - 1
- Toothpaste - 1
- Toothbrush - 1
- Cream, Shaving - 1
- Razor, Shaving - 1
- Brush/Comb, Hair - 1
- Towel, Hand - 1
- Towel, Bath - 1
- Shoes, Shower - 1
- Bag, Laundry - 1
- Powder, Foot - 1
- Towels, Moist - 1 Small Tub (AKA: Baby Wipes)
- Ties/Pins, Hair (Females Only)
- Feminine Hygiene Supplies (Females Only)

ALL ITEMS LISTED ABOVE ARE **MANDATORY!!!**

**OPTIONAL ITEMS**

- Religious Materials
- Poncho, Rain, Woodland or Olive Drab Green - 1
- Gloves, Tactical, Field Appropriate Color - 1
- Glasses, Sun, Black Frame (Any other colors will be confiscated)
- Coordinate Scale Protractor (Improved or Traditional) - 1
- UTM Corners (Pocket sized) - 1
- Compass, Lensatic, Green or Black - 1
- Bag, Backpack, Black, Woodland, Olive Drab or Coyote Brown - 1

BASIC LAND NAVIGATION TRAINING WELCOME ABOARD PACKAGE

BLISTER AWARENESS/BOOT PREPARATION NOTICE

Having an enjoyable time at NSCC Field Operations Training is highly dependent on proper foot care. This begins with adequately breaking in your footwear. Black leather boots are not tennis shoes, you must break-in your boots or you will get blisters. A detailed set of recommendations are listed under the "Boot Buying" section of Reference A.

Should poor foot care result in blisters that have such a detrimental impact on my ability to continue with the Field Operations curriculum, I may be dismissed from training at my expense. Dismissal from training will be based on the professional opinions of NSCC Medical Staff and/or observations made by members of the FOCA Training Cadre.

By signing below I signify that I have reviewed the Field Operations website sections applicable to foot care and boot preparation and that I am aware that poor foot care may ultimately result in dismissal from training at my expense.

Cadet: \_\_\_\_\_ (Print, Sign and Date)

Parent: \_\_\_\_\_ (Print, Sign and Date)

BASIC LAND NAVIGATION TRAINING WELCOME ABOARD PACKAGE

FOCA Code of Conduct

In order to work, learn and become a team, certain rules must be established and enforced to enable cadets to grow and work together. By order of the Field Operations-California Officer-in-Charge, the following Code of Conduct is immediately established. This policy is in effect for all FOCA personnel:

1. All Personnel will conduct themselves in a manner so as to bring credit upon their self, the United States Naval Sea Cadet Corps and the United States Navy.
2. No Personnel will use vulgar, obscene, profane, humiliating, racial or ethnically slanted language.
3. No personnel will threaten, or attempt to harm another member.
4. No personnel will take or withhold the property (to include money) of another member.
5. No personnel will be in the possession of dangerous and/or illicit substances or paraphernalia.
6. Cadets will not use tobacco products or consume alcoholic beverages of any kind.
7. Adults will abide by all applicable laws and regulations concerning the use of alcohol and tobacco products.
8. No personnel will engage in the collection, solicitation or distribution of funds in any way except as authorized by the FOCA OIC and/or COTC.
9. No personnel will willfully damage or destroy any government or personal property.
10. Male and female members will refrain from physical contact, passing notes, romantic interludes (in any way shape or form) or any other behavior deemed inappropriate by NSCC standards.
11. No personnel will speak to or about another member in a disrespectful manner. There will **ZERO-TOLERANCE** of arguing, gossiping, backbiting, teasing, putdowns, or

BASIC LAND NAVIGATION TRAINING WELCOME ABOARD PACKAGE

other language deemed not acceptable. The words "**Shut up**" will not be used in a disrespectful or derogatory manner.

Failure to abide by the above rules can result in disciplinary action up to and including dismissal from training and/or the U.S. Naval Sea Cadet Corps.

Cadet: \_\_\_\_\_ (Print, Sign and Date)

Parent: \_\_\_\_\_ (Print, Sign and Date)

Hydration Policy

**Heat Stress/Casualty**

Due to the nature of Field Operations Training, ensuring that all hands are properly hydrated is a priority for both the COTC and OIC.

Heat and a operating tempo's are leading contributors to becoming a heat casualty and can quickly become a reality if personnel do not drink appropriate amounts of water. Avoiding becoming a heat casualty is surprisingly easy though; by drinking at least 8-10 quarts of water a day you significantly lower your chances of becoming a heat casualty. The following are some tips and tricks to avoid becoming a heat casualty:

1. Begin drinking water 24-48 hours before training begins.
2. Avoid Caffeinated drinks.
3. Avoid soda/energy drinks.
4. Sip ambient (room) temperature water slowly, this gives the body time to absorb the water.
5. Drink early and often.

Becoming a heat casualty can be life threatening, as such, FOCA Cadre members will afford you every opportunity to ensure you stay properly hydrated. Remember, we are here to have fun, not to get hurt.

Cadet: \_\_\_\_\_ (Print, Sign and Date)

Parent: \_\_\_\_\_ (Print, Sign and Date)

BASIC LAND NAVIGATION TRAINING WELCOME ABOARD PACKAGE

FIELD OPERATIONS - CALIFORNIA CONTACT INFORMATION

ENS Shelton, Jeffrey **(Contact first)**  
Officer-in-Charge, Field Operations  
E: JeffShelton17@Hotmail.com

LCDR Manoogian, Vahan **(Contact ONLY as a last resort)**  
Commanding Officer Training Contingent  
E: srd@nsccpsw.org



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REPORTING INSTRUCTIONS

Cadets attending Field Operations at Camp Pendleton are to report to the Field Operations Quarterdeck, 33 Area, Camp Pendleton, CA. Check-in will be conducted from 0800-1200 in PT gear.

Cadets shall furnish the following items at check-in:

1. Current NSCC ID Card
2. Service Record
3. Welcome Aboard Package (Signed and Completed)
4. Medications

There will be a Sea Bag inspection prior to the beginning of training. Any unauthorized material will be confiscated. Confiscated items will not be returned.

DIRECTIONS

**FROM I-5**

1. Exit at Camp Pendleton/Oceanside and proceed North (Follow signs to Base).
2. Proceed through the Main Gate onto Vandegrift Blvd.
3. Take Vandegrift Blvd. north past the Airfield (24 Area).
4. Make a left turn onto Basilone Rd.
5. Make a left turn onto Stagecoach Rd.
6. Stay right at the fork into 33 Area.
7. At the top of the hill stay left at the fork.
8. Turn right at the first intersection into the large parking lots.

**EVERY CADET, STAFF CADET,  
AND STAFF MUST COMPLETE  
AND RETURN THIS FORM**

BASIC LAND NAVIGATION TRAINING WELCOME ABOARD PACKAGE  
U. S. NAVAL SEA CADET CORPS  
PACIFIC SOUTHWEST REGION 11  
2012 SUMMER TRAINING COMMAND

**TRAVEL INFORMATION/PRT CONFIRMATION SHEET**

Fax itinerary to 818-794-7087 or e-mail to [travel@nscpsw.org](mailto:travel@nscpsw.org)

CADET'S NAME: \_\_\_\_\_ UNIT: \_\_\_\_\_

Mode of Travel:

\_\_\_\_\_ **Airline** (San Diego, CA)

\_\_\_\_\_ **Train/Bus** (Oceanside, CA) --Arrive on 23 JUN after 1400

\_\_\_\_\_ **Private Vehicle**

**ARRIVAL INFORMATION**

Name of Airline/Bus/Train: \_\_\_\_\_

Flight/Train/Bus #: \_\_\_\_\_ Arrival Time: \_\_\_\_\_

Electronic Ticket Reservation Confirmation #: \_\_\_\_\_

**DEPARTURE INFORMATION**

Name of Airline/Bus/Train: \_\_\_\_\_

Flight/Train/Bus #: \_\_\_\_\_ Departure Time: \_\_\_\_\_

Electronic Ticket Reservation Confirmation #: \_\_\_\_\_

**ALL COMMERCIAL ARRIVALS MUST BE ON 23 JUN 2012 AFTER 1400  
SHUTTLE SERVICE FROM SAN DIEGO INTERNATIONAL AIRPORT WILL BE AVAILABLE  
(\$30/EACH WAY - include with registration fee) - REPORT TO THE AIRPORT USO  
UPON ARRIVAL**

**ALL DEPARTURES MUST BE ON TRAINING GRADUATION DATES AFTER 1200 NOON  
Unless other arrangements have been made  
We suggest refundable tickets or ticket insurance be purchased as military  
locations can change**

**PRT STANDARDS ACKNOWLEDGEMENT**

I acknowledge that:

- 1) I have received and understand the PRT standards (attached) for my age group.
- 2) If I am attending any of the NSCC trainings, I understand that **I MUST PASS THE PRT AT CHECK-IN** in order to attend my training.
- 3) If I do not pass, I will be given an option to, 1) transfer to the PRT Training Company (space available), or 2) go home. If I haven't attended RTC, I understand that PRT Training **DOES NOT COUNT FOR OR REPLACE ATTENDING RTC.**
- 4) My training fees are non-refundable.

\_\_\_\_\_  
Cadet's Signature

\_\_\_\_\_  
Parent/Guardian Signature

Enclosure (7)



# NSCC/NLCC PHYSICAL READINESS TESTING NOTEBOOK

\*\*\*FIND YOUR AGE CATEGORY AND SEE WHAT STANDARDS YOU MUST MEET

\*\*\*"HOW TO DO EACH EXERCISE" SHEETS ARE INCLUDED - THE WAY IT'S SHOWN HERE IS HOW YOU WILL BE TESTED AT CHECK-IN; NO SUPPRISES.

*April 2010*

# MALES

## 10 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	1/2"	1"	4"
MODIFIED SIT-UP	28	35	45
SHUTTLE RUN	14.5 sec.	11.5 sec.	10.3 sec.
PUSH-UPS/ PULL-UPS	12 push	14 push or 2 pull	22 push or 6 pull
1 MILE RUN	11:40	9:48	7:57

## 11 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	1/2"	1"	4"
MODIFIED SIT-UP	29	37	47
SHUTTLE RUN	13.5 sec.	11.1 sec.	10 sec.
PUSH-UPS/ PULL-UPS	14 push	15 push or 2 pull	27 push or 6 pull
1 MILE RUN	11:25	9:20	7:32

## 12 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	1/2"	1"	4"
MODIFIED SIT-UP	32	40	50
SHUTTLE RUN	12.4 sec.	10.6 sec.	9.8 sec.
PUSH-UPS/ PULL-UPS	15 push	18 push or 2 pull	31 push or 7 pull
1 MILE RUN	10:22	8:40	7:11

## 13 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	1/4"	1/2"	3 1/2"
MODIFIED SIT-UP	34	42	53
SHUTTLE RUN	12.2 sec.	10.2 sec.	9.5 sec.
PUSH-UPS/ PULL-UPS	20 push or 2 pull	24 push or 3 pull	39 push or 7 pull
1 MILE RUN	9:45	8:06	6:50

# FEMALES

## 10 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	1 1/2"	3"	6"
MODIFIED SIT-UP	26	30	40
SHUTTLE RUN	14.2 sec.	12.1 sec.	10.8 sec.
PUSH-UPS/ PULL-UPS	9 push	13 push or 1 pull	20 push or 3 pull
1 MILE RUN	13:00	11:22	9:19

## 11 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	1 1/2"	3"	6 1/2"
MODIFIED SIT-UP	28	32	42
SHUTTLE RUN	13.4 sec.	11.5 sec.	10.5 sec.
PUSH-UPS/ PULL-UPS	7 push	11 push or 1 pull	19 push or 3 pull
1 MILE RUN	12:42	11:17	9:02

## 12 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	1 3/4"	3 1/2"	7"
MODIFIED SIT-UP	30	35	45
SHUTTLE RUN	12.9 sec.	11.3 sec.	10.4 sec.
PUSH-UPS/ PULL-UPS	5 push	10 push or 1 pull	20 push or 2 pull
1 MILE RUN	12:24	11:05	8:23

## 13 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	1 3/4"	3 1/2"	7"
MODIFIED SIT-UP	32	37	46
SHUTTLE RUN	13.1 sec.	11.1 sec.	10.2 sec.
PUSH-UPS/ PULL-UPS	7 push or 1 pull	11 push or 1 pull	21 push or 2 pull
1 MILE RUN	12:15	10:23	8:13

# MALES

## 13 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	1/4"	1/2"	3 1/2"
MODIFIED SIT-UP	34	42	53
SHUTTLE RUN	12.2 sec.	10.2 sec.	9.5 sec.
PUSH-UPS/ PULL-UPS	20 push or 2 pull	24 push or 3 pull	39 push or 7 pull
1 MILE RUN	9:45	8:06	6:50

## 14 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	1/2"	1"	4 1/2"
MODIFIED SIT-UP	36	45	56
SHUTTLE RUN	11.9 sec.	9.9 sec.	9.1 sec.
PUSH-UPS/ PULL-UPS	20 push or 4 pull	24 push or 5 pull	40 push or 10 pull
1 MILE RUN	9:30	7:04	6:26

## 15 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	1"	2"	5"
MODIFIED SIT-UP	38	45	57
SHUTTLE RUN	11.7 sec.	9.7 sec.	9 sec.
PUSH-UPS/ PULL-UPS	25 push or 5 pull	30 push or 6 pull	42 push or 11 pull
1 MILE RUN	9:15	7:30	6:20

## 16 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	1 1/2"	3"	6"
MODIFIED SIT-UP	40	45	56
SHUTTLE RUN	11.4 sec.	9.4 sec.	8.7 sec.
PUSH-UPS/ PULL-UPS	25 push or 6 pull	30 push or 7 pull	44 push or 11 pull
1 MILE RUN	9:00	7:10	6:08

## 17 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	1 1/2"	3"	7"
MODIFIED SIT-UP	40	44	55
SHUTTLE RUN	11.4 sec.	9.4 sec.	8.7 sec.
PUSH-UPS/ PULL-UPS	30 push or 7 pull	37 push or 8 pull	53 push or 13 pull
1 MILE RUN	8:45	7:04	6:06

## 18 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	1 1/2"	3"	7"
MODIFIED SIT-UP	40	44	55
SHUTTLE RUN	11.4 sec.	9.4 sec.	8.7 sec.
PUSH-UPS/ PULL-UPS	30 push or 7 pull	37 push or 8 pull	53 push or 13 pull
1 MILE RUN	8:45	7:04	6:06

# FEMALES

## 13 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	1 3/4"	3 1/2"	7"
MODIFIED SIT-UP	32	37	46
SHUTTLE RUN	13.1 sec.	11.1 sec.	10.2 sec.
PUSH-UPS/ PULL-UPS	7 push or 1 pull	11 push or 1 pull	21 push or 2 pull
1 MILE RUN	12:15	10:23	8:13

## 14 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	2 1/4"	4 1/2"	8"
MODIFIED SIT-UP	32	37	47
SHUTTLE RUN	13.2 sec.	11.2 sec.	10.1 sec.
PUSH-UPS/ PULL-UPS	7 push or 1 pull	10 push or 1 pull	20 push or 2 pull
1 MILE RUN	12:00	10:06	7:59

## 15 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	2 1/2"	5"	8"
MODIFIED SIT-UP	31	36	48
SHUTTLE RUN	13 sec.	11 sec.	10 sec.
PUSH-UPS/ PULL-UPS	10 push or 1 pull	15 push or 1 pull	20 push or 2 pull
1 MILE RUN	11:45	9:58	8:08

## 16 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	2 3/4"	5 1/2"	9"
MODIFIED SIT-UP	30	35	45
SHUTTLE RUN	12.9 sec	10.9 sec.	10.1 sec.
PUSH-UPS/ PULL-UPS	10 push or 1 pull	12 push or 1 pull	24 push or 1 pull
1 MILE RUN	12:10	10:31	8:23

## 17 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	2 1/4"	4 1/2"	8"
MODIFIED SIT-UP	29	34	44
SHUTTLE RUN	13 sec.	11 sec.	10 sec.
PUSH-UPS/ PULL-UPS	12 push or 1 pull	16 push or 1 pull	25 push or 2 pull
1 MILE RUN	12:45	10:22	8:15

## 18 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	2 1/4"	4 1/2"	8"
MODIFIED SIT-UP	29	34	44
SHUTTLE RUN	13 sec.	11 sec.	10 sec.
PUSH-UPS/ PULL-UPS	12 push or 1 pull	16 push or 1 pull	25 push or 2 pull
1 MILE RUN	12:45	10:22	8:15

# **SIT & REACH** (Male and Female)

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**STARTING POSITION** - Cadet removes shoes and sits on floor facing the box with legs fully extended and feet shoulder-width apart. The soles of the feet should be flat against the end of the box.

**ACTION** - Cadet extends arms forward placing hands side by side, palms down along the measuring line. The test administrator holds the cadet's knees with one hand to keep knees straight while placing other hand on the measuring line where the cadet needs to reach to. Cadet reaches forward along the measuring line as far as possible or until they touch the test administrator's hand with both of their hands. Have cadet rock back and squeeze their stomach muscles tightly while holding their breath. As they reach forward again, blow out held air and relax the stomach muscles. Make sure that the cadet bends at the hip and not just the waist for maximum reach. They may repeat this three times. On the last reach forward, hold the position for one second while that distance is recorded.

**RULES** - 1. Legs must remain straight, soles of feet against box.  
2. Fingertips of both hands must reach evenly along the measuring line on the top of the box.





# **MODIFIED SIT-UPS** (Male and Female)

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**OBJECTIVE** - Number of sit-ups performed in one minute.

**EQUIPMENT** - Stopwatch. A mat or other clean surface is preferred.

**STARTING POSITION** - Cadet lies on back with knees flexed at 90 degrees; partner holds feet and counts each correctly performed sit-up. Heels should not be more than 12 inches from the buttocks and the back is flat on the floor. Arms are crossed with hands placed on opposite shoulders, arms close to chest. Hands must remain on the shoulders at all times.

**ACTION** - Cadet raises the trunk curling up to touch elbows to thighs and then lowers the back to the floor so that the scapulas (upper back) touch the floor. This constitutes one sit-up.

**THE TEST** - The timer calls out the signal "Ready? Go." and begins timing one minute. Timer calls out at 30 seconds and again at 45 seconds to help cadets pace themselves. At one minute the timer calls out "Stop". The number of correctly executed sit-ups completed in one minute is the cadet's score. Make sure each cadet knows how many they need to do before they begin.

**RULES** - 1. "Bouncing" off the floor/mat is not allowed. Buttocks must remain on the floor at all times.  
2. The sit-up will be counted only if the cadet (a) keeps hands on shoulders; (b) touches elbows to thighs; and (c) returns to down position with scapula touching floor before curling up again.



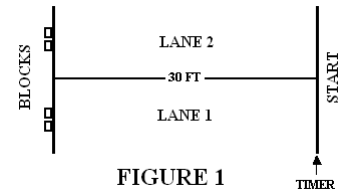
# SHUTTLE RUN

(Male and Female)

**OBJECTIVE** - Fastest time to perform run.

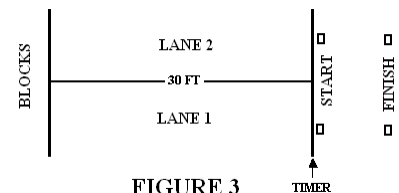
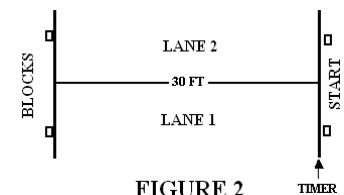
**EQUIPMENT** - Four wood blocks (2"x 2"x 4"), stopwatch, 30ft rope, tape.

**SET UP** - Tape 30ft rope down center of floor, use tape to make lines at either end of rope. Place blocks behind one of the tapelines, two on each side of 30ft rope. (Figure 1)



**STARTING POSITION** - Cadets start from behind line opposite the blocks, one in each lane. Timer stands on one side, watch lined up with starting line.

**ACTION** - On the signal "Ready? Go", the cadet runs to the blocks, picks one up and runs back to the starting line, places block behind line (Figure 2), runs back, picks up second block and runs back across starting line. Time stops when cadet crosses the starting line holding second block. For faster times encourage cadet to not slow down when approaching starting line with second block, but to run 5-7ft past timer before stopping (Figure 3).



**RULES** - 1. Record score to the nearest tenth of a second.

2. Do not allow cadet to throw first block across starting line.

**HINTS** - It is preferable to have two cadets running at the same time. Most

stopwatches can time two at once, check the watch directions. To eliminate the necessity of returning the blocks after each run, start alternately, first from behind one line and then from behind the other line. To cut off seconds in the run have cadet reach for block and pivot (Photo).



## PULL-UPS (Male and Female)

**Objective:** To measure upper body strength/endurance by maximum number of pull-ups completed.

**Testing:** Cadet hangs from a horizontal bar with arms fully extended and feet free from floor, using either an overhand grip (palms facing away from body) or underhand grip (palms facing toward body). Small cadets may be lifted to starting position. Cadet raises body until chin clears the bar and then lowers body to full-hang starting position. Cadet performs as many correct pull-ups as possible.

**Scoring:** Pull-ups should be done in a smooth rather than jerky motion. Kicking or bending the legs is not permitted and the body must not swing during the movement.



**OR**

## RIGHT ANGLE PUSH-UPS (Male and Female)

**Objective:** To measure upper body strength/endurance by maximum number of push-ups completed.

**Testing:** The cadet lies face down on the mat in push-up position with hands under shoulders, fingers straight and legs straight, parallel, with the toes supporting the feet. The cadet straightens the arms, keeping the back and knees straight, then lowers the body until there is a 90-degree angle at the elbows, with the upper arms parallel to the floor. A partner holds his/her hands at the point of the 90-degree angle so that the cadet being tested goes down only until his/her shoulders touch the partner's hands, then back up. Push-ups are continued until the cadet can do no more in rhythm, has reached the target number, or stops.

**Scoring:** Record only those push-ups done with proper form and rhythm.

**Rationale:** The right angle push-ups are recommended for upper body strength/ endurance testing because the cadet's body weight has less effect than it does on pull-ups. Right angle push-ups provide a better indicator of the range of strength/endurance found in youth, whereas many are unable to do any pull-ups. Pull-ups remain an option for those cadets at higher levels of strength/endurance.



# ONE-MILE RUN (Male and Female)

**OBJECTIVE** - Fastest time in minutes and seconds to cover one-mile distance.

**EQUIPMENT** - Track or safe area marked to equal distance of one mile. Stopwatch.

**STARTING POSITION** - Cadets assume standing "ready" position at the start of course. More than one cadet at a time can be tested if area permits and an adequate timing and recording system is used.

**ACTION** - At the signal "Ready? Go", the cadets begin running the mile distance. Fast times are encouraged to meet the set standards.

**RULES** - Walking is permitted, but cadets should be encouraged to cover the distance in the shortest time possible.

Before administering this test, cadet's health status should be reviewed. Also, cadets should be given ample instruction on how to pace themselves when running this distance against time.

