

JLAB 2019 JROTC UNIT BEST PRACTICE

<u>Date:</u> 5/13/19	<u>School:</u> Lakeside High School	<u>School Address:</u> 533 Blue Ridge Drive
<u>JROTC Unit Name:</u> Panther Battalion	<u>Unit Telephone Number:</u> 706-863-0027	<u>Unit Email Address:</u> david.wood@ccboe.net
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JROTC Unit Best Practice (one per form only): Cadet Challenge

Discussion

Cadet Challenge is performed by all cadets in the battalion. Cadet Challenge is made up of 5 different events(1 mile, shuttle-run, curl-ups, v-sit, and pull-ups/flex arm hang) to determine cadet’s physical fitness. Cadet Challenge is conducted throughout the entire school year and is executed every week on Friday. Cadet Challenge is conducted by companies during class. They do dynamic warm up first, then perform the Cadet Challenge event, and then do a follow up exercise to improve for the next week’s event. This year ,we as a battalion put a lot more emphasis on Cadet Challenge as a whole. The staff was very involved in this process. The Battalion commander oversaw the planning for the new plan to be put in place. The S-3 was incharge of planning and keeping records of Cadet Challenge so that we could see how we performed and what we need to improve on. Company commanders were in charge of seeing Cadet Challenge was conducted as well as creating a take home workout plan for their company based on their performance in the events. The resources need for Cadet Challenge is a ¼ mile track field, pull-up bars, mats for curl-ups and the v-sit, and a timer and blocks for shuttle run. The planning for Cadet Challenge started during the summer before school started so that when school started we were able implement the new plan immediately.

We all do some things better than others. Likewise, some JROTC units are better at some things than other JROTC units. We call those Best Practices. We think that the “best” best practices come from the best units. If your unit’s day-to-day performance is a reflection of your accomplishments on JLAB Level I and Level II, and we think that it is, then we believe your unit to be among the best. We want you to tell us about your best practice(s). Complete and submit this form on one or more of your unit’s best practices. Use a separate form for each Best Practice. Be detailed in your report so that the other 3,400+ JROTC units in the country with whom we will share it can read and execute it without questions! This report form is designed to expand as you type. It should accommodate your report without attachments. Should that not be the case, submit your report(s) in a format that works for you. Please name your file with your school name.

Below is a non-all-inclusive list of possible unit best practices.

- Academic Team
- Drill Team
- Orienteering Team
- Raider Challenge Team
- Rifle Team
- Color Guard
- Marksmanship Training
- Awards Ceremony
- Awards support from outside organizations
- Cadet retention in JROTC

- Fundraising
- Leadership Team
- JCLC
- Service Learning/Community Service
- Military Ball
- Cadet Commander and Staff Organization and Functions
- Cadet Scholarships
- Technology support of unit from school and community
- Educational and Orientation Trips
- Cadet Challenge

THIS IS NOT A GRADED ASSIGNMENT BUT IT IS REQUIRED FOR YOUR TEAM TO COMPETE IN THE CHAMPIONSHIPS.