



SOUTH PAULDING HIGH SCHOOL
HOME OF THE SPARTAN BATTALION
1364 WINN ROAD
DOUGLASVILLE, GA 30134

SPHS-JROTC

18 July 2023

MEMORANDUM FOR RECORD

SUBJECT: South Paulding High School (SPHS) Junior Reserve Officer Training Corps (JROTC) Physical Training Policy

1. The following guidelines will be adhered to for Physical Training for of all Cadets assigned to the SPHS JROTC program.
2. Purpose: The purpose of this memorandum is to ensure all Cadets know and understand the SPHS JROTC Physical Training Policy. The Senior Army Instructor and Army Instructor have the only authority to direct changes to this policy with the publication of amendments as required.
3. South Paulding High School JROTC Cadets will participate in Physical Training (PT) throughout the entire school year. During PT, Cadets will learn proper techniques for conducting PT to improve their overall fitness. Instruction will vary from standard Army PT focusing on flexibility, cardiovascular endurance, upper body strength and core strength. Physical training days will consist of activities to improve the areas listed above and "Free PT" where the Cadets will be allowed to play organized games such as football, soccer, and dodgeball. Cadets not passing JROTC on designated "Free PT" days will continue conduct standard physical training. Physical Training will be conducted every Friday and every other Monday throughout the school year. It is the responsibility of the Cadet to ensure they read the training schedule to make sure they know what days PT is conducted.
4. Cadets are required to dress appropriately for all scheduled PT days consisting of athletic wear clothing and tennis shoes in accordance with the Paulding County School District dress code. All athletic wear worn must meet the Paulding County Dress Code requirements for athletic training. Shorts for males and females must reach mid-thigh or lower and shirts must cover the entire shoulder area. Every Friday PT session, Cadets will be required to wear their issued Army PT uniform. Cadets are required to meet grooming standards while wearing the Army PT uniform for physical training. Cadets who fail to dress in the required PT clothing for PT days will receive a zero for the day which will also be applied to their monthly PT grade. Cadets not dressed out in required PT clothing will not be allowed to participate in physical training and receive a zero (0) grade for that day. Cadets in Leadership positions who do not dress more than two times in a semester will be removed from their leadership position.

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5. Cell phones will not be allowed with Cadets during PT and will result in a zero (0) for the day if they do not adhere to this policy. Cadets are required to have a water bottle with for all scheduled PT days. Cadets without a water bottle will not be allowed to participate in PT and will receive a zero (0) for the day.

6. Physical Training will be conducted during warm and cold weather months and will take place outside on most occasions. Cadets are responsible to ensure they come prepared to go outside during the colder months with appropriate clothing (sweat pants, hoodies, knit caps, gloves). It is the responsibility of the Cadet to ensure they properly hydrate the day prior to PT.


7. Cadets who cannot participate in PT due to illness or injury are required to provide a note from their parent/guardian to be excused. For long term excuses which exceed more than two PT days, documentation from a licensed medical provider will be required and kept on file.

8. Cadets are ultimately responsible for ensuring that they meet all the requirements of properly wearing the uniform and personal grooming standards and to ensure their parent(s)/guardian(s) are aware of Physical Training dates and requirements.

9. The point of contact for this memorandum is Major (retired) Robert Newbill at (808) 780-9904 or newbill@paulding.k12.ga.us.

DISTRIBUTION:
Commander

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