

# CONTINUOUS IMPROVEMENT PLAN (CIP)

2023-2024

## PURPOSE:

## CONCEPT:

- Our purpose is to promote physical wellness and encourage cadets to continually improve their fitness and self confidence throughout the academic year.
- The Cadet Challenge is part of the Hurricane Battalions Continuous Improvement Project to improve physical fitness and healthy living. It consists of education and physical fitness throughout the year.
- There will be two, five-day formal assessments, both following the same model. The Physical Training days leading up to Cadet Challenge will be used to allow company leadership to provide an overview of the standards and a demonstration for each event. Monday through Wednesday consists of the Cadet Challenge events and Thursday through Friday are designated make up days.
- Fall Assessment: October 2-6, 2023
- Spring Assessment: February 5-9, 2024

S.M.A.R.T.  
GOALS

SPECIFIC: 5% score increase for each cadet based on established Cadet Challenge scoring criteria and FM 21-20 physical training standards.

MEASURABLE: Physical standards identified, scores are recorded in fall 2023 and spring 2024, informal assessments administered to check progress between formal events.

ATTAINABLE: 5% increase.

Male: +3 curl-ups, -0.5 sec shuttle run, +1/4 inch v-sit, -22 second one mile, +1 push-ups.

Female: +2 curl-ups, -0.5 sec shuttle run, +1/4 inch v-sit, -31 second one mile, +1 push-ups, +0.1 second flex arm hang.

RELEVANT: Directly supports JROTC mission and outcomes; physical fitness leads to a healthier lifestyle and promotes camaraderie.

TIME BOUND: Duration of AY 2023-2024, formal assessments (initial and final) are planned and annotated on battalion calendar, additional assessments continue as needed.

## GENERAL GUIDELINES

- Company Commanders are responsible for ensuring the execution of the Cadet Challenge in their company.
- First Sergeants will conduct PT in accordance with the Battalion physical training plans.
- Company leadership ensures all cadets are briefed and each event has been demonstrated.
- Company XO's will keep record of Cadet Challenge scores.
- Designated staff members will input Cadet Challenge scores.
- Cadet Challenge will be used as benchmarks to record data throughout the school year. Data used for the CIP will consist of the total average score the cadet earned, calculated in JUMS.
- Cadet Challenge consists of: V-Sit Reach, Curl-Ups, Right Angle Pushups, Pull Ups or Flexed Arm Hang, Shuttle Run, and 1 Mile Run.

# Cadet Challenge Timeline

Curl-Ups & Push-Ups

V-Sit Reach & One Mile Run



Monday

Tuesday

Wednesday

Thursday-Friday



Pull-Ups/Flex Arm Hang &  
Shuttle Run

Make Up Days

QUESTIONS?