

Continuous Improvement Project (CIP)

School Year 2022-23

Continuous Improvement Project

Purpose: Our purpose is to promote physical wellness and encourage Cadets to continually improve their fitness and self-confidence throughout the academic year.

Concept:

- ▶ The Cadet Challenge is part of the Hurricane Battalion's Continuous Improvement Plan to improve physical fitness and healthy living. The Cadet Challenge consists of both education and physical fitness throughout the academic year.
- ▶ Cadets will participate in physical fitness training each Friday that is tailored by company leadership to help Cadets continually improve their fitness.
- ▶ There will be two, five-day formal assessments. Both assessments will follow the same model. The Physical Training Days leading up to the 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 will consist of the Cadet Challenge Events. Thursday and Friday are the designated make-up days.
 - ▶ Fall assessment is 10-14 October 2022
 - ▶ Spring assessment is 6-10 February 2023

Coordinating Instructions

- ▶ Cadets will participate unless they have a medical exemption
- ▶ First Sergeants will train the Cadets during PT on selected Fridays, in accordance with training plans from the BN CSM
- ▶ Company XO's will track Cadet Challenge scores and submit to the S3 IAW the MOI
- ▶ Designated staff members will input Cadet Challenge Scores
- ▶ Uniform is the MHS JROTC PT uniform (tan shirt and black shorts) and closed-toe athletic footwear
- ▶ An AAR will be conducted at the end of each Cadet Challenge
- ▶ All Cadets review event standards and grading in the LET 1 textbook (Chapter 5, Lesson 2)
- ▶ Cadets not available for the assessment will compete in the Cadet Challenge during an alternate date and time determined by the Cadet chain of command
- ▶ All Cadet Challenge scores will be input in JUMS no later than two weeks after the event has taken place (October 28th and February 24th respectively)
- ▶ The Company with the most improvement will receive a free PT session

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 2022 and spring 2023; informal assessments administered to check progress between formal events

Attainable: 5% increase

Male: +3 Curl-ups, -.5 Sec Shuttle, + $\frac{1}{4}$ in V-Sit, -22 sec 1-Mile, +1 Push-ups, no change Pull-ups

Female: +2 Curl-ups, -.5 Sec Shuttle, + $\frac{1}{4}$ in V-Sit, -31 Sec 1-Mile, +1 Push-ups, +.1 sec 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 2022-2023; formal assessments(initial and final) are planned and annotated on battalion calendar; additional assessment continues as needed

Program 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 by JUMS.
- ▶ Cadet Challenge will consist of the following exercises: V-Sit Reach, Curl-Ups, Right Angle Push Ups, Pull Ups or Flexed Arm Hang, Shuttle Run, and the 1 Mile Run.

Flexed Arm Hang



Pull-ups

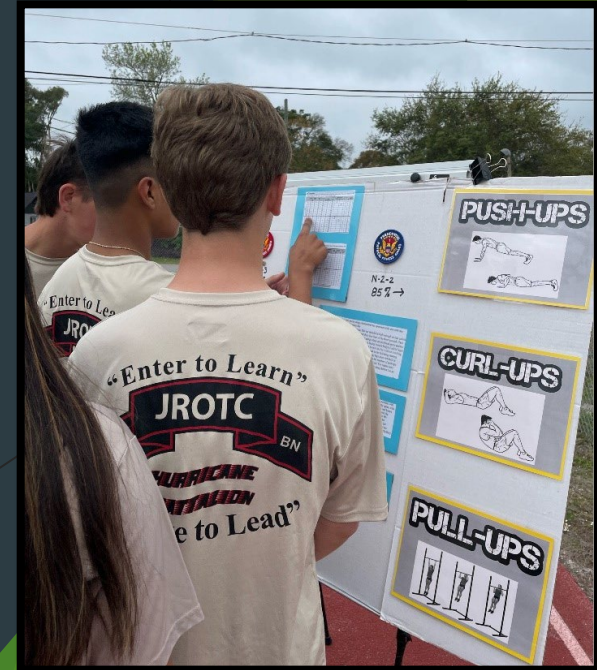
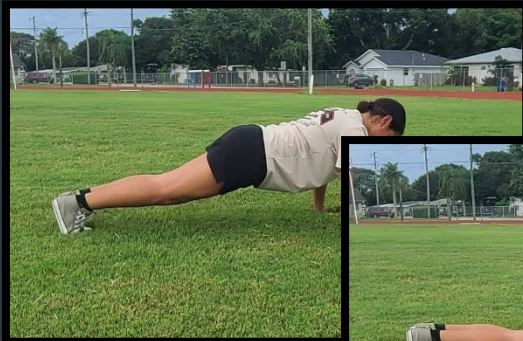
Curl-ups



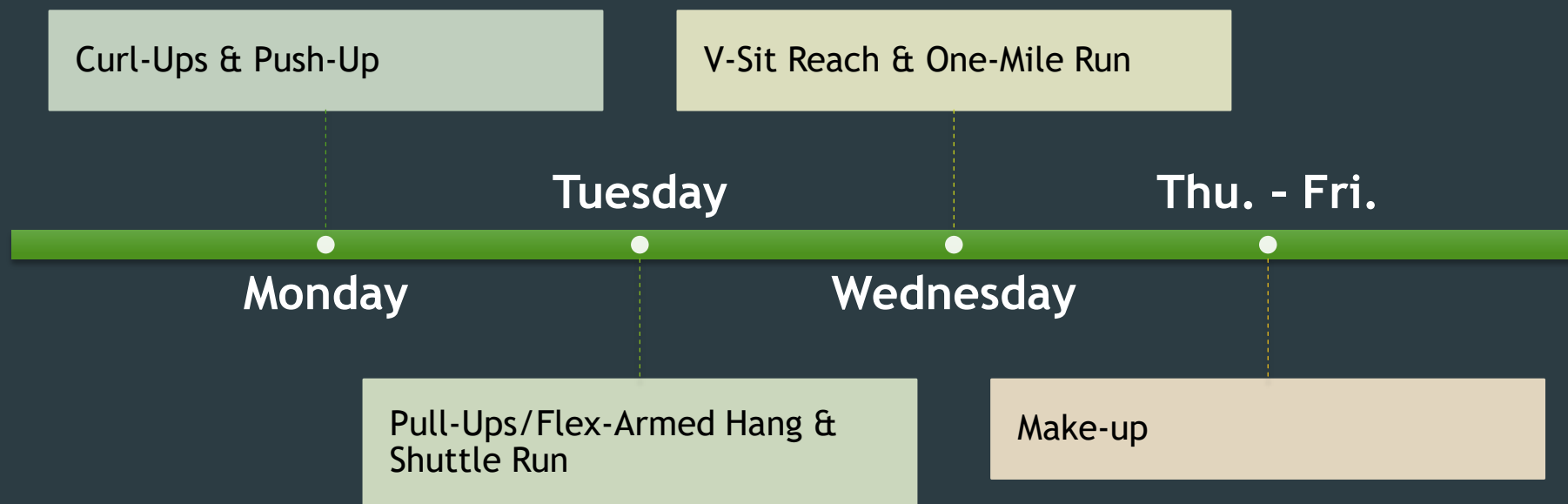
Shuttle Run



Push-ups



Time-line of cadet challenge week



Key Points

- ▶ CIP stands for Continues Improvement Project. The Hurricane Battalion's CIP is Cadet Challenge.
- ▶ The purpose of Cadet Challenge is to promote physical wellness and encourage cadets to continually improve their fitness and self-confidence throughout the academic year.
- ▶ There will be two, five-day formal assessments. The Fall assessment is 10-14 October 2022, and the Spring assessment is 6-10 February 2023.
- ▶ Cadet Challenge will consist of the following exercises: V-Sit Reach, Curl-Ups, Right Angle Push Ups, Pull Ups or Flexed Arm Hang, Shuttle Run, and the 1 Mile Run.
- ▶ ALL Cadets will participate in the Cadet Challenge unless they have a medical exemption.
- ▶ Uniform for weekly PT and for the Cadet Challenge assessment is the MHS JROTC PT uniform (tan shirt and black shorts) and closed-toe athletic footwear.
- ▶ All Cadets review event standards and grading in the LET 1 textbook (Chapter 5, Lesson 2).
- ▶ Cadets not available for the assessment will compete in the Cadet Challenge during an alternate date and time determined by the Cadet chain of command.
- ▶ The Company seen with the most improvement in scores will receive a free PT.

Questions?