**Weekly Training Schedule**

**Monday: Lab/Drill (Full Time/Hybrid A)**

On Lab/Drill days, cadets will learn how to march as a company and as a squad, as well as how to conduct themselves in a classroom formation. Drill includes facing movements and proper saluting. These newly learned skills will be used throughout the year for teams if they decide to join.

**Tuesday: Dress-out/PT (Full Time/Hybrid A)**

On Dress out days that happen every two weeks, alternating with PT every week, cadets will stand in formation spread out to meet CDC guide lines, and will have their uniforms inspected from head to toe by the Company Commander and First Sergeant. Failure to dress out will result in a zero and negatively affect the cadet’s chance of promotions. If you miss a dress out day, you are expected to dress out the next school day you attend, even if it is a PT day. You will be able to change into PT clothes if this does happen.

 On PT days, cadets will put on their PT uniforms and will be marched out to either the Cross-Country track, the Ag field, or remain in the JROTC room. The cadets will then exercise by either doing push-ups, sit-ups, and pull-ups, or they will run a mile.

**Wednesday: Dress outs and PT for E-learning and Full-Time students do Academics and Promotions**

For the E-learning students, they will be submitting pictures of themselves in their uniforms while holding a certain object (spoon, pen, marker, etc.) and for PT they will run while using a fitness app to track their movements. This allows the cadets to get PT and Uniform grades in a safe way.

 Full-Time students will be working on class assignments and/or promotions in this time as there are not enough cadets to do any big activities. This also creates a better and safer learning environment for the Full-Time cadets as there is more one on one opportunities and less contact with more people.

**Thursday: Lab/Drill (Full-Time/Hybrid B)**

On this day, Hybrid B students will have class for academics or will work on marching as a company just like Hybrid A does on Monday. Full time students will join them and work on promotions or work on assignments for class. (Thursday is the same as Monday just for the Hybrid B students)

**Friday: Dress-out/PT (Full-Time/Hybrid B)**

On Dress out days that happen every two weeks, alternating with PT every week, cadets will stand in formation spread out to meet CDC guide lines, and will have their uniforms inspected from head to toe by the Company Commander and First Sergeant.

 On PT days, cadets will put on their PT uniforms and will be marched out to either the Cross-Country track, the Ag field, or remain in the JROTC room. The cadets will then exercise by either doing push-ups, sit-ups, and pull-ups, or they will run a mile.

 Full-Time cadets that have already completed Dress-out or PT for the week can either study for any up coming tests, work on promotions, or work on an assignment for another class.

 Failure to dress out will result in a zero and negatively affect the cadet’s chance of promotions. If you miss a dress out day, you are expected to dress out the next school day you attend, even if it is a PT day. You will be able to change into PT clothes if this does happen.