



REPLY TO
ATTENTION OF

ATCC-GGO-HXU

DEPARTMENT OF THE ARMY
US ARMY ROTC DETACHMENT, XAVIER UNIVERSITY
SEVENTH BRIGADE, UNITED STATES ARMY CADET COMMAND
3904 WINDING WAY
CINCINNATI, OH 45229

01 October 2018

MEMORANDUM FOR Xavier University Army ROTC Cadets

SUBJECT: Policy Letter 2-2 Weight Control Program

1. IAW AR 600-9, all Cadets must meet the Army height and weight standards. In addition to exercise, nutrition plays a major role in attaining and maintaining total fitness. Good dietary habits greatly enhance the ability of Cadets to perform at their maximum potential. A good diet alone, however, will not make up for poor health and exercise habits. Cadets must know and follow basic nutrition principles if they hope to maintain weight control as well as achieve maximum physical fitness, and good health.
2. Contracted Cadets are expected to remain within Army standards. If at any time during a semester a Cadet fails to meet the standard the Cadet's benefits are liable to suspension. If a Cadet continues to fail the standard at the beginning of their next semester their benefits will be suspended and disenrollment procedures will be started. Injury is not an acceptable reason to not meet the height and weight standards.
3. All contracted Cadets that have not met the Army height and weight standards and failed the tape test are required to attend remedial physical fitness training IAW Policy Letter 2-7. Cadets will remain on remedial physical fitness until they meet the standard for three consecutive weeks.

A handwritten signature in black ink, appearing to read "MCH".

MICHEAL A. MARCHETTI
LTC, AV
Professor of Military Science