



REPLY TO
ATTENTION OF

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

ATCC-GGO-HXU

01 October 2018

MEMORANDUM FOR ALL PERSONNEL OF THE XAVIER UNIVERSITY "ALL FOR ONE" DETACHMENT: CADRE, CADETS AND STAFF

SUBJECT: Policy Letter 2-3 Physical Readiness Training

1. Physical Readiness Training (PRT) is intended to provide participants with a solid understanding of physical fitness; how it is achieved within the Army, its role in the military, and its role in a healthy lifestyle.
2. Physical Readiness Training will be conducted on Monday, Wednesday, and Friday from 0600-0730 at St. Barbara Hall (XU). The training is designed to enhance mental and physical toughness, muscular/cardiovascular strength & endurance and flexibility. Upon completion of this course a Cadet will have a basic understanding of the Army's PRT and be able to apply appropriate fitness principles towards a healthy lifestyle and potentially a successful career as an Army officer.
3. Excused absences are not counted against the Cadet. Excused absences must be authorized **IN ADVANCE** by Cadet's MSL Instructor. Cadet Chain of Command CANNOT authorize an absence. The Cadet must inform their MSL instructor **first**, and then also inform their Cadet chain of command.
4. Remedial PT will be conducted for those contracted Cadets who fall below certain scoring on the APFT (**MSIV-under 100 points per event, MSIII-under 90 points per event, MSII-under 80 points per event and MSI-under 60 points per event**) or for anyone desiring additional workouts. Remedial Physical Readiness Training will take place on Wednesday 0630-0745 at Xavier University. In order to be removed from Remedial Physical Readiness Training, a Cadet has to pass the Remedial APFT that will take place on or about 6 weeks after the initial record APFT of each semester. If a contracted Cadet cannot pass a record APFT their ROTC benefits are eligible to be suspended for the semester or not renewed for the following semester. Consecutive record APFT failures are grounds for disenrollment.
5. APFT make-up is only given to a Cadet who has coordinated with the S-3 at least four days prior to the scheduled APFT. It is the Cadet's responsibility to be present at all scheduled APFT's.

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SUBJECT: Policy Letter 2-3 Physical Fitness Training

6. The only valid physical profile (reason for not participating fully in PT) is a physician's statement containing the type and length of restriction. All profiles will be submitted to the S-3. Individuals on physical profile must still attend PT and exercise within the limitations of their profile unless excused by their MSL Instructor.

7. Uniform: Approved Army IPFU with direction from Cadet CSM.

A handwritten signature in black ink, appearing to read 'M A H', with a long horizontal stroke extending to the right.

MICHAEL A. MARCHETTI
LTC, AV
Professor of Military Science