MEMORANDUM FOR Cadre and Cadets of the Oklahoma State University Army ROTC

SUBJECT: Physical Training (PT) and Leadership Laboratory (Lab) Policy Letter

1. PURPOSE. The purpose of this memorandum is to establish the policies and procedures for PT and labs in the Cowboy Battalion.

2. TIME AND LOCATION.
   
   a. Physical Training (PT) for will be conducted Monday (MSI’s are not required to participate in Monday PT), Tuesday, and Thursday from 0600 to 0700 hours during the academic year on days when academic classes are in session with the exception of dead week and final exam days. We will meet at designated locations for accountability formation (based on weather and type of PT planned). MS III Cadets (juniors) will conduct an additional PT session on Wednesdays from 0600 to 0700 (in addition to Mon, Wed, and Thurs PT sessions).
   
   b. Leadership Labs will be conducted Wednesday from 1530-1730 or 1730-1930 depending on the section, and labs may run longer if required.

3. ATTENDANCE REQUIREMENTS. Attendance to PT is mandatory for all Contracted Cadets. Contracted Cadets who fail to attend the mandatory PT sessions will lose points toward their Military Science class (See class syllabus). All non-contracted Cadets are highly encouraged to attend PT, which will demonstrate to the Cadre the Cadet’s desire to contract and potentially be eligible for scholarship money or special military schools. All Cadet profiles must be turned into your instructor. Profiles and sickness DO NOT EXCUSE you from PT. Any excused absence must be approved by your instructor prior to the absence. Any MS I or II Cadet that receives 290 or better on the APFT will be excused from PT on Mondays, however, they are still encouraged to attend (the Cadet must maintain 290 or better on all APFTs to keep this benefit). Instructors may have additional PT incentives for their respective classes (see class syllabus). Contracted Cadets are required to attend all labs and support the FTXs and JFTX.

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