Things to consider:

- PT uniform this week is **summer APFU**
- PT will be conducted at **Outdoor Track**
- Source of water is part of the PT uniform. *Contracted cadets must have a canteen, camelback or shaker.*
- Civilian Thursdays’ bring $1 to Thursday PT and can wear civilian clothes. *If you do not bring $1, then you are required to attend Friday PT along with bringing $2.*

**MS III s** –
Yellow cards need to be turned in the Friday of your last rotation.

**MS IV s** –
Blue cards need to be finished and counseled NLT that following Monday by 1200, talk to CDT Kelly if need extension.

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**This week in ROTC**

**Monday, 16th,**
+ PT
  - @0600

**Tuesday, 17th,**
+ PT
  - @0600

**Wednesday, 18th,**
+ PT
  - @0600

**Thursday, 19th,**
+ PT
  -0600
+ Lead Lab

**Friday, 20th,**
+ Remedial PT, for anyone who missed PT during the week, or failed any event on the PT test - @0600

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**Five Day Weather Forecast**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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**Upcoming EVENTS**

**This Week:**
- Individual Movement Technique LL @ Andreas Observatory 1550: **Uniform:** MS Is, IIs, III s: ACUs, pen/pencil, paper, LBE/LBV/FLC, Kevlar, gloves, elbow and knee pads, water topped off.
  - Non-contracted Cadets: appropriate civilian attire
  - MS IV s: ACUs, FLC/LBV, pen/pencil, paper, water source
- PT test 23/24th
- Butter braids Fundraiser
- PCC/PCI LL
- Fall FTX

**1 Week out:**
- Mission Intro/ MTC LL

**2 Weeks out:**
MS III Leadership Rotation

<table>
<thead>
<tr>
<th>Position</th>
<th>MSIII</th>
<th>Evaluator</th>
<th>MSIII</th>
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<tr>
<td>CO</td>
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<td>Putzier</td>
<td>Eden</td>
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<td>1SG</td>
<td>Masters</td>
<td>Rolfing</td>
<td>Mueller</td>
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<td>1 PL</td>
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<td>Pederson</td>
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<td>Haugen</td>
<td>Rogers</td>
<td>Johnson</td>
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<td>Gillen</td>
<td>Emde</td>
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<td>Johnson</td>
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<td>2 PL</td>
<td>Thrash</td>
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<td>Krinke</td>
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<td>Jacobson</td>
<td>Salazar</td>
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For a full version of the Fall LDP check Blackboard

Duty Squad

This week’s duty squad is 2\textsuperscript{nd} Platoon, 2\textsuperscript{nd} Squad.

Maverick Army ROTC office
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Minnesota State University, Mankato
Wiecking Center 316
Mankato, Minnesota 56001

Office Hours (with Jean)
Mon, Tues and Thurs: 0730 – 1700
Jeff Dee’s
Mon – Thurs: 0730 – 1700 and Friday 0730 - 1130

If you would like to put something in the newsletter, contact me at danielle.krinke@mnsu.edu
**Fitness Tip of the Week**
Brought to you by: CDT Griffith

**Post-Workout Nutrition**
Consume protein with carbohydrates after your workout for recovery. Protein repairs muscle muscle fiber stress, repairing your muscles bigger and stronger. Carbohydrates are the body's main source of energy. Combining the two together will help you recover after an intense workout.

**Don’t have time to prepare a meal after your workout?**
Low-fat chocolate milk has a 3:1 carbohydrate/protein ratio. This is considered to be the optimum ratio of macronutrients for your post-exercise nutrition.

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**Safety Tip of the Week**
Brought to you by: CDT Rogers

1. **Be aware of school emergency procedures**
   Ask the school about their plan for emergencies and read any information they provide about emergency procedures and alternate locations should an emergency take place. Ensure the school has current emergency contact information for you. If you are not signed up already MSU has "Star Alert" which is an automated system that sends you notifications via text, email.....whichever you prefer, in case of an emergency. It is free and is something I highly recommend. I am signed up for it. Gustavus and Bethany students, I am not sure what they have on your campus for notification systems but I strongly recommend looking into it. At the very least review the building and campus fire and safety plans. You never know when you will need it. Have a plan...be prepared.

2. **Watch for students walking, cycling and coming off buses**
   This is an additional safety tip for this week because I believe it is IMPORTANT. When you are driving PLEASE do not drive erratically. Many times, especially around campus, I have seen students trying to show the world how their car isn't as awful as it looks (its worse...). People drive way too fast or don't drive safely (I.E. texting!). This is extremely dangerous in areas where there are a lot of pedestrians and students. "LOL" and "I'll be there in a sec bro" are not worth a person's life, including your own. College students are not the only people that are around campuses. Children are small and easily distracted, and for drivers, this can create dangerous situations on the roads. Be vigilant and alert behind the wheel. You never know when a small child might step out from between parked cars or off a sidewalk. Your fast reflexes might be needed to prevent an accident. If you drive erratically you will end up injuring or killing someone and you DO NOT want that on your conscious the rest of your life, just for acting dumb and not thinking. Thank you for being smart and setting the example.
PT Plans of the Week

1st Platoon: PT instructor- CDT Eden

**Monday 16th: 1:1:1 and Ranger Relay**
- Group warm up/ stretch: run 1 lap and circle up for various stretches
- Group will conduct a 1:1:1 in preparation for their PT test next week. This will help Cadets see where they will be at before taking the PT test.
  - 1 minute of pushups
  - 1 minute of sit-ups
  - 1 mile run
- After 1:1:1 exercise Cadets will conduct a ranger relay run for 3 minutes straight. Then everyone will perform chest and core exercises. Then everyone will file up into the ranger relay again etc. for the remaining time of the PT hour.
- Note: The ranger relay is when the group is in a single file line and the runner in the back of the group runs to the front of the group. Once the runner from the back of the group is in the front of the file, the last person will run to the front of the group etc.
- Group cool down: Circle up for various stretches
- Note: If weather permits we will conduct exercises inside

**Tuesday 17th: Partner Relay**
- Group warm up/ stretch: run 1 lap and circle up for various stretches
- Group will conduct a partner relay on the track
  - This exercise will include different running/ leg workouts while running on the track by drawing a card. While the partner is running the other group member will be conducting a stationary workout by drawing a card as well.
  - Note: there will be 2 decks of cards 1 deck for running exercises and one deck for stationary exercises.
  - Example: Johnny’s running card says sprint straight a ways bear crawl curves. While Johnny’s partner Mike waits for him to get back Mikes card say do 50 pushups, so Mike is doing pushups while Johnny is running and bear crawling etc.
- This exercise will go the whole hour of PT
- Group Cool down: circle up for various stretches
- Note: If weather permits we will conduct exercises on inside track

**Wednesday 18th: Cardiac hill run**
- Group warm up/ stretch: run 1 lap and circle up for various stretches
- Group will do a run to cardiac hill; once the group is there we will conduct sprints and various leg workouts, then group will run back to conduct cool down.
  - Depending on people: if we have enough people to do an A or B group we will otherwise if the group is too small we will do one group.
- Group cool down: Circle up for various stretches
- Note: if weather permits we will be running on the inside track

**Thursday 19th: 30/60’s & card deck exercises**
- Group warm up/ stretch: run 1 lap and circle up for various stretches
- Group will conduct 30 sec. sprints and 60 sec. walks (30 60’s) for half of the PT session.
- For the second PT session the group will conduct a deck of card workout
  - Each card has a different exercise on it and once drawn the group will do the exercise stated on the card.
- Group Cool down: Circle up for various stretches
- If weather permits we will conduct run and exercises on indoor track
## Day 1  16Sep2013
2 laps around the track warm up with dynamic stretching, (cross-overs, high knees, butt kickers, backwards running, skipping)
60 120’s 8-10 depending on ability of group (60 sec. sprint 120 sec. walk)
After each 60 sec. sprint we will conduct together 15 pushups alternating between standard, wide, and close hand placement.
2 laps around track for cool down
8 minute abdominal workout (8 different exercises each done for one minute)
Group static stretching

## Day 2  17Sep2013
2 laps around the track for warm up with dynamic stretching
Medium distance run (ability dictates distance) not on the track. Dividing up into groups based on ability. And conducting an out and back style run so we all arrive back at the track at tentatively the same time
Static stretching cool down
Pushup workout ladder with a partner from 10 to 1 with regular, wide, and close hand placement.
Core work (planks)

## Day 3  18Sep2013
Lifting at the campus gym (make sure to bring your Mavcards) all cadets attending this PT session will receive knowledge and practice for full body lifting session, and in the future the goal is that each person will be able to on their own begin lifting using these methods with confidence.
We will conduct a slow pace warm-up run all together since the gym does not open until 630am.

## Day 4  19Sep2013
2 laps around the track for warm up, along with some dynamic stretching
Strength and team work-out on the inside of the field
Buddy resistant Pushups, wheel barrel partner runs, bear crawls, killers, AB workout
400 meter Relay races on the track. (done in teams of 4)
Static Stretching

IF THERE IS A THUNDERSTORM OR ANY REASON WE HAVE TO GO INSIDE WE WILL CONDUCT THE SAME WORKOUT ON THE INDOOR TRACK, OR RUN STAIRS IN THE BASKETBALL COURT STADIUM, DEPENDING ON WHATS OPEN.
**MS IV Tip**

Brought to you by C/BC Putzier

"The discipline which makes the soldiers of a free country reliable in battle is not to be gained by harsh or tyrannical treatment." -LTG John Schofield.

Make sure you (as leaders) are motivating your subordinates in the proper manner. Set the example and inspire them to want to be like you.

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**This Week in History**

On this day (SEP 17) in 1862 the battle of Antietam was fought. Antietam is the bloodiest one-day battle in American History, with over 23,000 casualties and 4,000 deaths.

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**TRIVIA**

The US Air Force was part of the Army until what year? What was it called?

Congrats to Ben Schneider for being the first person to answer last week’s question. The answer was T. Roosevelt.

**Deadline to answer question is Friday 13Sep13 NLT 1200. Post the answer on the Maverick Battalion Facebook page, the first person to post it on the Facebook wins. Prize TBD**