



## ETOWAH HIGH SCHOOL JROTC UNIT GA-958

### OPERATING INSTRUCTION 958-XXX

17 April 2020

*Raider*

This regulation outlines the guidance for how the Raider team will be managed, run, and employed in GA-958. The Corps Commander, through the Plans and Programs Officer-in-Charge (OIC) and Raider Commander, has the overall responsibility for compliance with the procedures outlined in this regulation. This regulation is applicable only to GA-958.

#### **SUMMARY OF CHANGES.**

None. This is the first issue of Operating Instruction 958-XXX (OI 958-XXX).

#### **1. OVERVIEW.**

1.1. This OI outlines guidance for how the Raider team will be built, trained, and managed during the year. It should be used as a reference for those who aspire to command and/or participate in Raider activities, and it should answer any questions cadets might have about the sport, the team, and the decision making process pertaining to key components of the team.

1.2. Raider competitions are a test of mental and physical strength and endurance that takes a committed group of youngsters willing to train hard to prepare to be successful. As is the goal with all JROTC programs, Raider is distinct from other sports on campus with head coaches and assistant coaches as Raider is for the cadets, by the cadets. Not a GHSA-sanctioned sport, Raider is not about the school or about the cadet corps. It is about the students and providing them with an after-school activity that they want for their own development. Instructors, administrators, and parents all agree to support them in their growth.

1.3. Raider events are most likely to include the following: Raider Fitness Challenge, One-Rope Bridge, Cross Country Rescue, 5km Team Run, Tire Flip, Obstacle Course, HUMVEE Push, Raider Fitness Test, and Relay Run. Each competition will include five or six of the above-mentioned events; therefore, we must prepare for each to the best of our ability. A synopsis of the events mentioned above is provided below.

- a. **Raider Fitness Challenge.** The Raider Fitness Challenge course is designed to examine strength, stamina and endurance of the team of cadets over a course approximately one-half mile in length using various obstacles. The team will be scored on the amount of time it takes for all ten members to complete the course. The course will typically consist of the following items in order: a 10-yard low crawl, a 40-yard carry with a 30-pound weighted object (kettle bell, ammo can, etc.), an obstacle to go over or under, a speed agility maze, a weighted object to carry 50 feet in length, and a turn around point to do the course in reverse.
- b. **One-Rope Bridge.** Under existing weather conditions and in a field environment, Raider team will cross an obstacle (stream crossing or ravine) on a one-rope bridge

spanning 40 to 100 feet. Teams will make only one timed crossing and will compete against the clock.

- c. Cross Country Rescue. Raider team will take a 20-question multiple choice written first aid exam followed by transporting a simulated casualty over a one-mile course on an unimproved terrain. There will be obstacles such as low crawl, hurdles, tires, walls, that all team members, along with the weighted litter and ruck sacks must negotiate along the route. The objective is to complete the course in the shortest amount of time.
- d. Team Run. Each team must complete a 5km team run over a designated marked course along an unimproved terrain. Team members must stay together and be within 10 meters of each other. Team scores will be based on the total time it takes for the team to finish the course.
- e. Tire Flip. Raider team will split into two groups of five. The first group of five will flip a tire 50 meters, cross a mid-point line, and the second group of five will then flip the tire back to the original start line. The time will stop when the whole tire is completely across the original start line and the tire is on the ground.
- f. Obstacle Course. The obstacle course is a one-mile event over rough terrain with various obstacles. The Raider team will negotiate the obstacle course carrying three rucksacks filled with 30 pounds of weight. The team must stay within 10 meters of each other. Obstacles may consist of things such as a low crawl, a 10-foot wall, tires placed flat or stacked to negotiate, or some other such things.
- g. HUMVEE Push. The Raider team will push a military HUMVEE for 100 meters on a flat surface, preferably an asphalt or hard surface road. The Raider team will split into two groups of five. The first group of five covers the first 50 meters, and the second group of five covers the second 50 meters. The rear bumper must clear the finish line. Once at the end of the course, the judge will stop the time.
- h. Raider Fitness Test. Each Raider will carry one or two sandbags weighing 30 pounds about 25 meters where they will place the carried items. They will return to the start in the most direct manner and repeat the course until all sandbags or like items from their first line have been carried to the other line. Once the Raider has carried all the items from line A to B, the next team member will be tagged and move those same items from line B back to line A. Time stops when the last team member has placed the final item across the line.
- i. Relay Run. Each Raider team must complete 12 laps around a designated marked course of approximately one-quarter mile. This one-quarter mile course could consist of either improved or unimproved tracks, roads, and/or sandy trails. Two members will have to complete the course twice to make it a full 5km. Team scores will be based on the total time it takes for the team to finish the course.

## **2. ROLES AND RESPONSIBILITIES.**

2.1. Although it is possible that more than one instructor will participate in Raider activities, only one of the unit instructors will be designated as the lead Raider instructor. This person assumes the position of “coach” and will oversee the safety of training and the overall management of the team’s activities. The non-lead Raider instructor can serve as an assistant coach and assist when and where needed to ensure the efficient functioning of team activities.

2.2. From the perspective of the cadets, the Corps Commander has the overall responsibility for the Raider program. The Corps Commander, with the consent of the lead Raider instructor, will decide if a Raider team will be fielded in a given year.

2.3. The Plans and Programs Officer-in-Charge (OIC) receives delegated authority to monitor the day-to-day operations of the Raider team from the Corps Commander. In this capacity, the Plans and Programs OIC will hold regular meetings with the Raider Commander during both the in-season and out-of-season sessions to ensure proper oversight of the program. As such, the Plans and Programs OIC is the up-chain of the Raider Commander.

2.4. The Raider Commander runs the team activities and makes sure safe practices are always being utilized to minimize risk of injury or hospitalization of team members. The Raider Commander will work with the lead Raider instructor on the competition and practice schedules and will be accountable to the lead Raider instructor on matters such as equipment management, WINGS input, and other tasks deemed necessary for the efficient running of the program.

- a. The Raider Commander will be selected by majority vote no later than the first Friday of the academic year. The person with at least a plurality of votes, if not an absolute majority, will be the Raider Commander for the year. The second highest vote recipient will serve as the Raider Vice Commander for the year. Although there is no grade-level restriction on who can serve as the Raider Commander or Raider Vice Commander, the ideal candidate will be (1) an upperclassman (junior or senior) with (2) at least one year of JROTC experience and (3) was a member of a previous year’s Raider team. If the person elected to serve as the Raider Commander or Raider Vice Commander does not wish to serve the team in that capacity, the lead JROTC instructor will go down the list of vote getters, in order of votes received, until these two positions are filled.
- b. The duration of the position is for one full year separated by the primary season (the “in-season”) and the secondary season (the “out-of-season”). The primary season begins at the beginning of the academic year when selected and ends after the weekend of the national championships. The secondary season begins in the winter with strength and conditioning and runs through the optional summer conditioning season. Seniors serving in the position of Raider Commander or Raider Vice Commander will be expected to stay involved in Raider activities until May before absolving themselves of their responsibilities.

2.5. The Raider Commander has at his or her discretion the right to appoint a team captain for any of the fielded teams and will consider doing so when the unit fields more than one team during the season. The team captain(s) will be responsible for overseeing the safe execution of the team's practice schedule and will make game time decisions for the team during competitions.

2.6. The Raider Commander has at his or her discretion the right to appoint a team manager for the Raider team. The team manager will account for practice attendance, make sure the equipment is prepared for practice and deployed to the appropriate location before practice begins, and will be the single point of contact for notifying competing Raiders of key competition details before the day of the competition.

2.7. The lead Raider instructor has at his or her discretion the right to appoint a parent to oversee parent coordination efforts. This would be utilized to ensure effective communication of team and competition details and other matters the lead Raider instructor deems appropriate.

### **3. EQUIPMENT MANAGEMENT.**

3.1. Proper equipment management is necessary to sustain the life the equipment and to make sure it is safe for use by Raider team members. Every effort will be made to use climatically controlled spaces to keep ropes from getting wet and metal pieces from rusting.

3.2. Reconstituting and replenishing the equipment used during a season is of paramount importance to the team's success. Perhaps is not more important than with regards to the rope bridge material. Thus, each season the unit will procure two new ropes and replace any carabiners necessary to have at least 20 carabiners on-hand.

a. Ropes. The team will use Bluewater Ropes. Specifically, the team will procure two 7/16 x 150M Spec Static ropes (<https://www.bluewaterropes.com/product/716-spec-static/>). One of these two ropes will be cut down to 120 meters for competition use during the regular season. The second rope will remain at 150 meters and will be used for the national championships. The following year, the used ropes will be utilized for practice sessions or to cut down to make more seats.

b. Carabiners. The team will always have a small handful of steel carabiners for the transport tightening system, and during the summer will make sure to have 20 Petzl William Screw-Lock Aluminum Carabiners on-hand. These items can be purchased from GMC Supply Company (<https://www.gmesupply.com/petzl-william-screw-lock-aluminum-carabiner>).

3.3. Other equipment will need to be acquired from time-to-time but likely not on an annual basis. These include tires for flipping, water jugs and kettle bells for carrying, and ruck sacks and stretchers also for carrying.

#### **4. DUES AND PHYSICALS.**

4.1. Without exception, dues and physicals must be paid and on file no later than Friday of the second week of the school year. Every effort should be made to get these two items done and turned in well before this deadline. Uniform items have to be ordered and meets scheduled for by this time. It is an incredible stress on the system to get a team ready to compete by the end of August if dues and physicals have not been completed by the middle of August.

4.2. Dues are subject to change on an annual basis, but every effort will be made to keep the cost of Raider to no more than \$150 per participant. These dues will purchase the Raider a uniform consisting of a team t-shirt, a pair of team shorts, and a hooded sweatshirt. The remaining money collected will be applied to pay for competition registration fees, equipment, competitor hotel rooms the night before the national championships, and incidentals.

4.3. All Raiders are highly encouraged to take advantage of physical day at Etowah in early May. These physicals are good for one full year and will cover the student through not only Raider season but also any other athletic activity the student elects to participate in. It is also a great way to get physicals done before the beginning of the upcoming academic year.

#### **5. VARSITY LETTER REQUIREMENTS AND RAIDER EXPECTATIONS.**

5.1. Students participating in Raider can earn a varsity letter, regardless of ability level, by successfully completing all of the below criteria (no exceptions).

- a. At least 90 percent attendance at all in-season practices. Preseason strength and conditioning during the winter and summer is not required but is highly encouraged for the betterment of the individual and his/her standing on the team.
- b. Compete in at least two-thirds of the scheduled competitions. Note that every effort will be made to ensure all Raiders get the chance to compete in at least two competitions during the year.
- c. 10 hours of community service (15 hours for cadet officers) by the Friday before the end-of-season award ceremony in either November or December.
- d. Passing grades in all classes by the Friday before the end-of-season award ceremony in either November or December.
- e. No ISS, OSS, or ALT school during the competition season.
- f. 100 percent uniform wear on inspection days.

5.2. Raiders are expected to be present and to participate in each day's practice. Attendance will be kept beginning on Monday of the 3<sup>rd</sup> week of the school year and will continue through the last competition each Raider is competitive to compete in. If at any time during the season

a Raider's attendance drops below 70 percent, the Raider will be removed from the team due to a perceived lack of interest and/or availability.

5.3. Raiders who have a less than 90 percent but greater than 70 percent attendance record will still be competitive to make the national team.

5.4. The lead Raider instructor will not adjudicate whether a missed practice is excused or unexcused. All Raiders will view missed practice days as an account to be spent for reasons they and their families deem appropriate. This may include but not be limited to, doctors' appointments, family travel plans, after school tutoring sessions, or simply because the Raider is not "feeling it" and decides he or she needs a day away.

5.5. Assuming an injury will not become aggravated by simply showing up to practice, injured Raiders are encouraged and expected to show up for practice even if they do not practice. Each Raider is a member of a team and can be of value by assisting the team in ways that do not further aggravate the injury.

5.6. Raiders participating in other Fall sports will have their attendance record at those other sports translate to the Raider attendance schedule. The Raider should make every effort to attend as many Raider practices as possible and must make every challenge day (see paragraph 6.3 below), but Raiders are able to have external interests that do not hurt the participant's standing on the team.

5.7. Raiders are expected to be the best they can be in every aspect of their lives to include in the classroom. Any Raider failing more than one class as determined on Mondays will still be expected to attend practices but will not be able to participate in competitions until the grades are satisfactorily recovered.

## **6. PRACTICES, CHALLENGES AND TEAM COMPOSITION.**

6.1. The lead Raider instructor and the Raider Commander will work together to develop a primary season and secondary season practice schedule. The second season practice schedule is optional but highly encouraged as it will be designed to develop the Raider into the best version of him or herself. It will also give those individuals who participate in the secondary season practice schedule the best chance to separate themselves from those who are not putting in the work. This will become evident in the in-season practices and will be used by the lead Raider instructor and Raider Commander in deciding who makes the team and which team each Raider will be on.

6.2. Practices will be held Monday through Friday in the Fall after school. They will be highly structured, include a snack and dress-out period from 1515 to 1530, a walk to the stretch area from 1530 to 1535, a team stretch from 1535 to 1545, and a daily activity or set of activities from 1545 to 1745. Raiders will stretch from 1745 to 1755 and be ready for release by 1800. The lead Raider instructor will close the classroom and leave for the day by 1830. All Raiders not picked up by this time will be the responsibility of the parent, and the Raider will wait for transportation home in front of the auditorium and administrative building.

6.3. Challenge days are important for assessing ability among Raiders. There will be three challenge days during the season, all on Mondays: August 17, September 14, and October 5. All Raiders will compete. Any Raider not competing during a challenge day will be relegated to the junior varsity squad.

- a. August 17. The first challenge day will be used first as a try-out day and second as a day to determine who will be on the varsity team for the first part of the season. If a person is cut from the Raider team at this time, parents will be refunded the money paid to have their child on the team. To remain on the team, each Raider must be able to run a mile in under 9-minutes and do both 30 push-ups and 30 sit-ups. All Raiders will compete in five categories: a run, push-ups, sit-ups, a tire flip, and a water can carry. The results of each Raider will be racked and stacked against others to determine the order from highest to lowest Raider. The top 12 Raiders will be considered varsity for the first part of the season, and the rest of the Raiders will be considered junior varsity. If a varsity Raider cannot participate in an up-coming competition, his or her spot can be replaced with the top junior varsity Raider of same gender.
- b. September 14. So as not to keep the teams static for the entire season, the September challenge day will serve as an opportunity for hard working Raiders to move up or down the ladder and possibly supplant a varsity Raider from his or her varsity spot.
- c. October 5. This is the final challenge day of the season and will determine the national championship team.

6.4. Team composition will be determined no later than Tuesday morning, August 18 and will be determined by the lead Raider instructor and the Raider Commander. Because the registering of the national team must be done in early June, it is quite possible that the team registered for nationals does not perfectly align with the teams as determined in August. For example, it might not be known in June how many girls will be Raiders in the Fall, leading the lead Raider instructor to register a mixed team for nationals only to find out in August that registering a girls team might have been possible. For this reason, every attempt will be made to determine which division(s) the Raider team will compete in by early June.

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