



**AIR FORCE JROTC UNIT GA-958**  
ETOWAH HIGH SCHOOL  
6565 PUTNAM FORD DRIVE  
WOODSTOCK, GA 30189

May 5, 2023

1. 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. Instructors, administrators, and parents all agree to support each Raider in his/her growth. Seeing as this Fall will be the fifth year we will field a Raider team, I as the Senior Aerospace Science Instructor, or SASI, and TSgt Ciarra Malto as the Aerospace Science Instructor, or ASI, have volunteered to facilitate and monitor the team's activities as we establish a strong foundation for future years and attempt to build on last year's #1, national champions, ranking. This letter is designed to help cadets and parents better understand the sport and expectations.

2. **DUES AND PHYSICALS.** Cadets participating in Raider will pay an activity fee of \$200 which is payable no later than Friday, August 11. This covers a t-shirt, a pair of shorts, and a hooded sweatshirt, while the remainder will go to pay for competition entrance fees and equipment purchase and reconstitution. The activity fee drops to \$150 for those returning Raiders who still own serviceable black uniform items. Also due on August 11 is a physical, notification of uniform sizes, and a signed release from liability form found at the back of this packet. Unfortunately, if an aspiring Raider does not have these items on file by August 11, they cannot participate in Raider this year.

3. **TEAM COMPOSITION.** Raider teams can be all male, all female, or mixed. Our ultimate goal, if the interest exists among the students, is to field a competitive team in all three categories. If interest dictates, we will make every attempt to field a second male team to ensure they have at least three if not four competitions during the season. A Raider team includes 10 members competing at all times plus up to two additional team members that can be freely substituted at the discretion of the team captain. A mixed team consists of seven boys and five girls of which at least four girls must compete in any given event of a competition.

4. **EVENTS.** 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 turnaround 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 transport 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.

5. SCHEDULE. The schedule will not be known for certain until the beginning of August, but every attempt will be made to ensure the team has the maximum number of opportunities to compete during the season. The first competition of the season will be the one that Etowah hosts on Saturday, September 2, and the last competition will be the national championships which will be held the weekend of November 18. The schedule for all Raider competitions in the state can be found at [gajrotc.com](http://gajrotc.com), and Etowah's schedule from that list will be found at [etowahga958.weebly.com](http://etowahga958.weebly.com) at the beginning of August.

6. VARSITY LETTERS. A formalized varsity letter policy is forthcoming, but the baseline from which this letter will be created has the following as requirements to earn a varsity letter in Raider:

- a. At least 90 percent attendance at all practices beginning Monday, August 14. Preseason conditioning is not required but is highly encouraged for the betterment of the individual and his/her standing on the team. Preseason conditioning will be on Mondays, Tuesdays, Thursdays, and Fridays from 7:30am to 9:00am during the summer, beginning on Tuesday, June 20. Once practice becomes mandatory on August 14, those whose attendance drops below 70 percent will be removed from the Raider team and dues will not be refunded.
- b. Compete in at least three of the scheduled competitions. Note that every effort will be made to ensure all Raiders get the chance to compete, assuming of course that each individual is capable of successfully completing all events listed in paragraph 4 of this letter by the week their number is chosen. Ensuring playing time, though, is actually on the individual Raider and his or her ability to earn the rightful spot. In other words, no Raider's playing time is guaranteed.
- c. A minimum of eight hours of community service by Friday, November 17.
- d. Passing grades in all classes by Friday, November 17. A note on grades – any Raider failing more than one class during the Raider season will not be allowed to participate in competitions until the grade(s) improves. Grades will be checked each week on Tuesday. Those who are ineligible to compete will be notified at that time, and a reshuffling of teams will be established by Wednesday's practice. Since almost all Raiders are minors, parental/guardian involvement here is strongly encouraged and greatly appreciated. The onus is on the Raider and his/her family to work with the teacher(s) to ensure grades are accurate and up-to-date.
- e. No ISS, OSS, or ALT school during the competition season. Note, any student who receives OSS or ALT school during the competition season will be immediately removed from the team and will not be allowed to return to Raider until next year. A student receiving ISS will not be allowed to be with the team for practice or competitions until the suspension has been completed. The time served in ISS and away from the team will count against the Raider's practice participation percentage

and could lead to removal from the program if practice participation drops below 70 percent.

- f. 100 percent uniform wear on inspection days. Note, this does not mean a student needs to maintain a 100 uniform average in the class; rather, it means the student will wear the uniform on all uniform inspection days.

7. **BOOTS.** Each Raider is expected to purchase him/herself a pair of lightweight tactical military boots (color must be “coyote brown” which is not “sand,” “brown,” “tan,” or “desert.” Height must be eight inches. Wal\*Mart Interceptors boots are good, and you can find deals at uspatriottactical.com, among other sites, for potential deals. Simply search for “lightweight tactical boots” to see what is out there.

8. **LOCKS/LOCKERS.** Students are strongly encouraged to utilize hall lockers outside the JROTC classroom after school to change and store their items. TSgt Malto can issues these combinations. Obtaining one of these lockers is strongly advisable as storing personal items in the JROTC classroom after school will not be permitted as items get lost or, unfortunately, get legs when stored in an unsecure environment.

9. **PRACTICES.** Practices will commence between 3:40pm and 3:45pm and will run until about 5:45pm but rarely to exceed 6:00pm. I will leave the campus at or around 6:00pm and will view any student remaining on the campus at that time as the responsibility of the parent/guardian.

10. **CONDUCT.** A Raider should aspire to be a model citizen. To this end, foul language will not be tolerated. Any Raider being caught using foul language at practice will be first given a warning. At the second use of foul language on a given day, the Raider will be told to leave practice immediately and a call home will be made. If foul language is used at a competition, the Raider will immediately be removed from the competition without warning.

9. Meet. Defeat. Repeat. Go Etowah Raiders!

//Signed, seb, 5/5/2023//

STEPHEN E. BERGEY, Lt Col, USAF (retired)  
Senior Aerospace Science Instructor



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**RELEASE FROM LIABILITY/COVENANT NOT TO SUE**

I/We, the undersigned, hereby grant for (print cadet's name) \_\_\_\_\_,  
a legal dependent, to participate in Raider competitions during the 2023 – 2024 academic year.

I/We do hereby agree to release and hold harmless all school instructors and administrative officials, JROTC personnel, county school districts, and DoD branches of service from any liability for personal injury, property, or other type of loss which may occur as a result of the aforementioned activity, to me or any of the undersigned. I/We understand and agree that my signature hereunder constitutes a waiver of rights by myself or my estate to sue, for any personal injuries, death or property damage caused by, or as a result of the activity of, the herein above parties, and I/We freely assume all risks, hazards, or losses which may result from said activity.

JROTC instructors, school, and school district officials will make every reasonable effort to properly supervise, control, and render safe all training and activities related to these competitions.

Dated this \_\_\_\_\_ day of \_\_\_\_\_, 2023.

Emergency phone number to contact parents/guardians: \_\_\_\_\_

\_\_\_\_\_  
(Signature of student)

\_\_\_\_\_  
(Signature of parent/guardian)

\_\_\_\_\_  
(Printed name of parent/guardian)

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**INSURANCE INFORMATION**

This is to certify that (cadet's name) \_\_\_\_\_ is covered by insurance providing coverage for hospital and medical treatment.

Name of Insurance Provider: \_\_\_\_\_

Policy/Certificate Number: \_\_\_\_\_

\_\_\_\_\_  
(Printed name of parent/guardian)

\_\_\_\_\_  
(Parent/guardian signature)

\_\_\_\_\_  
(Date)



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## **CHECKLIST TO REGISTER FOR RAIDER**

By no later than Friday, August 11, the following items must be completed:

- School physical on file at Etowah HS. Physicals should be turned into Lt Col Bergey or Ms. Candice Rucker in the Athletic Director's office.
- Complete the online sign-up form found at <https://forms.office.com/r/EWmVWe3MAe>.
- Release of Liability/Covenant Not to Sue form (page 5 of this Raider Reader) uploaded to the above sign-up form or turned into the instructor.
- Payment made for \$200 in Raider activity fees (or \$150 for those returning Raiders who still have a serviceable set of all three black ensemble uniform items). Cash will be accepted, checks can be made out to "Etowah High School," or payments can be made online at the school's payment site (shortcut here – <https://bit.ly/2TezeFj>). Note that online payments are the preferred option if at all possible.