

DONE Good (GOD) Recruits!

I hope the holiday break is treating you well. We understand that AFROTC may be a new and overwhelming experience at first. We want to give you any and all information you may need. Below is a little how the weekly life at AFROTC is, specifically the first week.

Physical Training (PT) - Tuesdays & Thursdays, 0600 - 0700:

PT is held twice a week, Tuesdays and Thursdays. At PT, you will typically workout while also strengthening your teamwork and standardization skills within your flight. The workouts given typically include cardio and calisthenics. The effort put into your PT is really important to perform well in your Physical Fitness Diagnostic (PFD) and Physical Fitness Assessment (PFA), which are both done once a semester. Aside from PT, we recommend working out outside of PT to maintain high scores and improve yourself physically.

Aerospace Studies Class (ASC) - Tuesdays or Thursdays:

ASC is led by your cadre instructor and consists of lessons regarding history of the Air Force and Space Force, uniform wearing, leadership and followership skills, and more that are essential to being a cadet and future officer. This is typically a good time to learn and work with other classmates who you may not see during your usual flight or squadron. Participation is super important and professionalism is expected. Review your AS class syllabus to see more, including who your instructor is and the location of your classroom.

Leadership Lab (Llab) - Thursdays, 1600-1745:

Llab is held once a week and contains most of the military training. It is created to be an intense environment where you are challenged to think critically. Llab has different locations it can be held week to week, and can contain various activities like Open Ranks Inspections (ORIs), wing photos, briefings or more. Every activity is meant to mold you into a better active follower and leader.

The above are considered Practical Military Training (PMT). PMT are arranged every week to let you become better cadets and future officers. Expectations are high for new recruits, so remember to maintain professionalism all the time. Most, if not all PMT events, will be spent within your flight to get to know them and arrange events with each other outside of PMT.

I hope this was useful information. AFROTC does require a lot of commitment but it is a worthwhile experience in the end.