

Spring 2025 Continuity

Job Title: PTL

Immediate Chain:

- Wing Commander
- Chief of Staff
- A5 Commander
- PTEC

Area of Responsibility:

Martin- Creating workouts and leading PT workouts

Burton- Create workouts tailored toward Delta 1, which entails making sure it pushes them to their limit without being too difficult to perform

Weekly Flow: Martin-Review

google sheet folders for 3rd PT cadets Every Tuesday and provide list of cadets who did not complete for counselings. Workload can vary depending on weather or special events.

Burton- Review 3rd PT and issue counselings for incomplete 3rd PTs. Every 3 PT days hosted a Mock PFA for Delta 1 to assess where they are and potentially move them up to another delta depending on the score.

Struggles I Experienced:

1. Martin- Creating more engaging workouts
2. Cavazos- Creating a wide

How Did I Address the Struggles?

1. Used AI and gained feedback from peers on their ideas
2. Did research on different

<p>variety of engaging workouts that aren't repetitive.</p> <p>3. Burton- Getting Delta 1 engaged and motivated for PT and removing the stigma of Delta 1 being the "inferior" delta</p>	<p>workout movements or ideas that could be incorporated into PT.</p> <p>3. Other POC help me motivate and catch if cadets are not putting full effort into the workout</p>
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Advice:

- Martin- Take an entire weekend to plan out workouts for the entire semester. So everything is already planned out.
- Cavazos- Create the first workout with what you know, but then tailor the rest based on feedback and research. It becomes easier to see what does and doesn't work once you've run a few PT sessions.
- Burton- Educate cadets about dieting and nutrition to help them succeed in fitness goals. PT is a very small part of fitness, so getting them engaged with the lifestyle will produce better results come the PFA.

Resources/Links:

https://drive.google.com/drive/folders/1PwGCKA5DAcfR1ixmloOgr0LKT0w2OF-R?usp=drive_link

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