

Spring 2025 Continuity

Job Title: Physical Training Execution Commander

Immediate Chain:

→ Chief of Staff

→ A5 Commander

Area of Responsibility:

- I created all slides (Inclement weather plans, normal PT plans, PFD, PFA, SpecWar PT, Sports day, etc.)
- Roll-call
- Looking over the workouts—proofreading, providing feedback, and ensuring the instructions are clear
- The team should be responsible for tracking cadets who did not do their Third PT for the week. You are responsible for counseling the cadets. If there is a lot, I would recommend sending the list to the Squadron commanders. They will send it to the Flight level.
- Keeping track of the keys for the gate and storage unit
- Scheduling the makeup PFD and PFA
- Executing the Winter PFA

Weekly Flow:

Sat:

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Sun:

- Look through the workout for the upcoming week, provide feedback (should be done by COB)

- Send out new Third PT

Mon:

- Send out the Wing Announcements message

- Send out POC Announcement message

- Send out PTL message (accountability and showup time)

Tues:

- PTLs will notify me which cadets did not do their Third PT. → Send out counselings

Wed:

- Send out the Wing Announcements message

- Send out POC Announcement message

- Send out PTL message (accountability and showup time)

Thurs:

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Fri:

- Remind the team about next week's workout that is due Sunday COB

Struggles I Experienced:

1. Having too many bosses—inefficient org. Chart
2. Communicating with my team via Slack
3. Team breaking time hacks
4. The team's lack of effort put into creating the best workout, a lot of last-second Chat GPT workouts were seen in the beginning
5. Missplacing the keys a couple of times
6. Intensity at PT

How Did I Address the Struggles?

1. I just made a group chat with my immediate chain of command. This helped speed communication.
2. Started messaging via text instead of Slack
3. Just combated this with constant reminders. It's an unfortunate reality, because I don't think a POC should need constant reminders, but it worked.
4. If there were still time to provide feedback, I would. If not, I would talk to them after the PMT event. Things got better towards the end as they learned from their mistakes.
5. I started putting them in the same place in my car after every PT.
6. I think I figured it out at SpecWar PT, which was at TW14. Have the beginning of PT super intense, set the tone. So then the rest of PT is carried from there.

Advice:

- Establish clear expectations! I took a lot of my expectations as common sense, and I thought I would not need to communicate them. I realized a couple of weeks into the semester that I was wrong and should've taken the time to state my expectations.
- Be overly proactive before the semester, rather than reactive during the semester! Create the PT, Inclement Weather PT, PFD, and PFA slides before the semester even starts. I did this and it helped a lot with the workload during the school year.
- Provide your team with resources if they do not have a background in creating workouts. This is something I wish I had done.
- Have your team show up at 0520 to help set up for PT, and don't forget about the flight cones!

Resources/Links:

https://drive.google.com/drive/folders/1uyZA1VN0-QXxQkndf0Kd_IVk810aa8od?usp=sharing

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