

Physical Fitness

Physical training is an area of great emphasis for all services. All students will participate in a structured physical training program according to their service guidelines. It is imperative that all students bring their service issued physical training uniform.

AIR FORCE- Physical training will be conducted at 0530 on Tuesdays, Wednesdays and Fridays. Location will be determined by the Senior Air Force Instructor. All personnel will wear the Air Force physical training uniform. Attendance is mandatory.

ARMY/NAVY IA'S- Physical training will be conducted with Charlie Company TSB on Monday, Wednesday and Friday at the designated time. All personnel will wear the proper Army physical training uniform. Attendance is mandatory.

NOTE: Active Army, Reserve and National Guard Soldiers will have their HT/WT measured and be administered a body fat test if they exceed their weight standard they will not be eligible for honors.

MARINES- Physical training will be conducted at 0530 on Tuesdays, Wednesdays and Fridays. Location will be determined by the Senior Marine Corps Instructor. All personnel will wear the Marine Corps physical training uniform. Attendance is mandatory.

Note: Make sure you bring your branch of service physical training uniform for the season and if seasons cross each other make sure you bring both, the weather in South Carolina fluctuates regularly.