

ATTACHMENTS

AIR FORCE JUNIOR ROTC INSIGNIA

CADET OFFICER RANK



SECOND
LIEUTENANT



FIRST
LIEUTENANT



CAPTAIN



MAJOR



LIEUTENANT
COLONEL

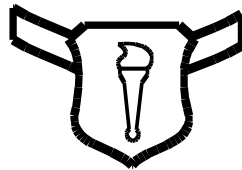


COLONEL

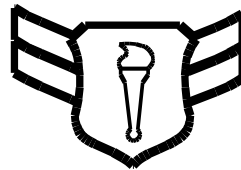
CADET AIRMAN RANK

(no rank insignia)

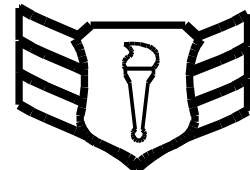
AIRMAN BASIC



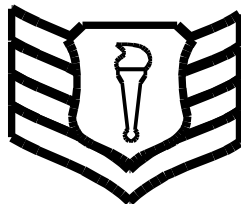
AIRMAN



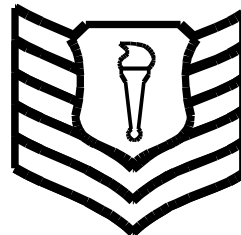
AIRMAN
FIRST CLASS



SENIOR
AIRMAN



STAFF
SERGEANT



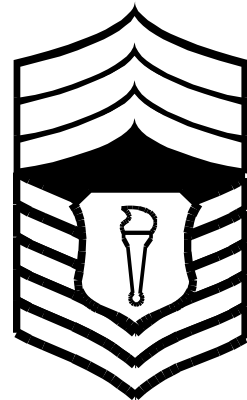
TECHNICAL
SERGEANT



MASTER
SERGEANT

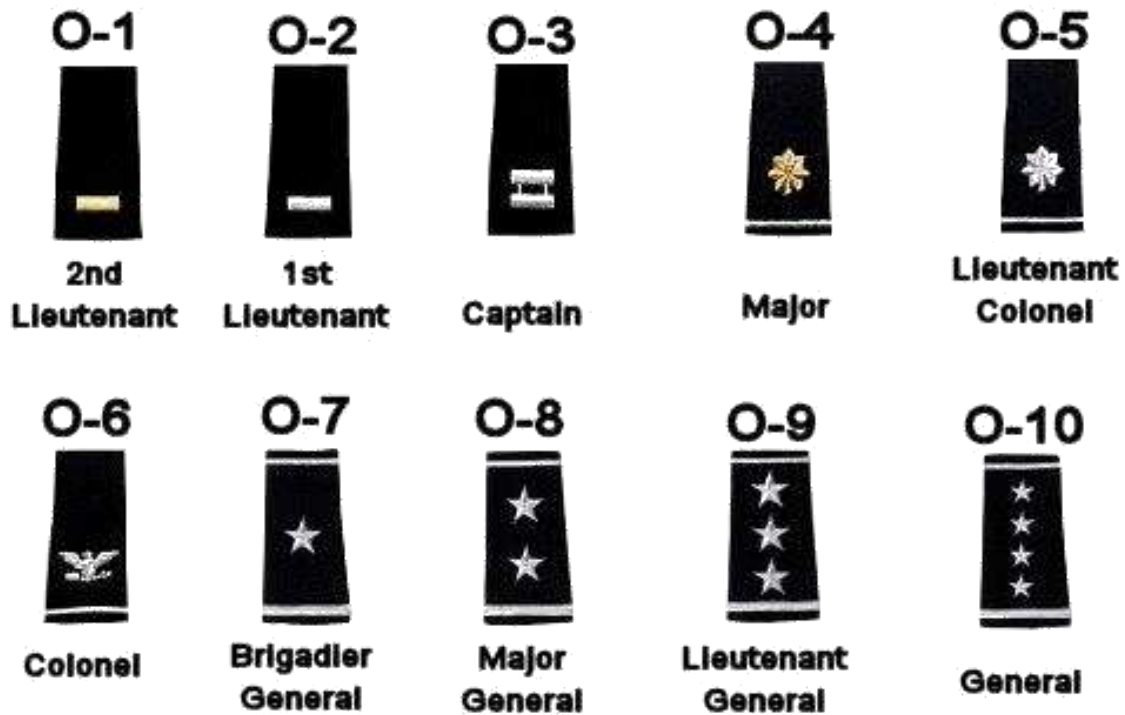


SENIOR
MASTER
SERGEANT

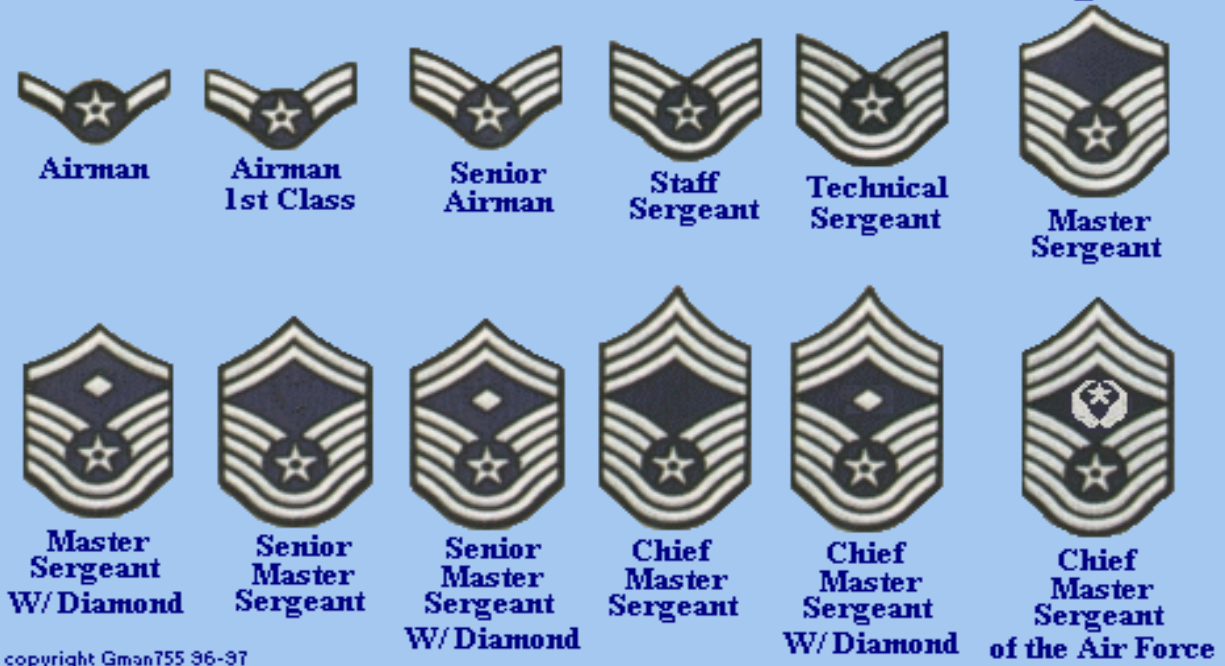


CHIEF
MASTER
SERGEANT

U.S. Air Force Officer Ranks Insignia



U.S. Air Force Enlisted Ranks Insignia



copyright Gman755 96-37

AIR FORCE JUNIOR ROTC BADGES



OFFICERS
FLIGHT CAP
AND BERET
INSIGNIA



OFFICERS
SERVICE CAP
INSIGNIA



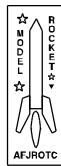
GROUND SCHOOL
BADGE



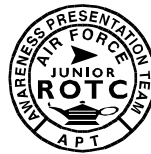
FLIGHT SOLO
BADGE



FLIGHT CERTIFICATE
BADGE



MODEL ROCKETRY
BADGE



AWARENESS
PRESENTATION
TEAM BADGE



DISTINGUISHED
AFJROTC
BADGE



ACADEMY OF
MODEL AERONAUTICS
SILVER WINGS



KITTY HAWK
AIR SOCIETY
BADGE



AEF BADGE



DECORATIONS/AWARDS

Unit Awards Outstanding Cadet Ribbon Leadership Ribbon Achievement Ribbon Superior Performance Ribbon Outstanding Unit Award Excellence Unit Award Academic Ribbon Outstanding Flight Ribbon Leadership School Ribbon Drill Competition Orienteering Competition Co-curricular Activities Leadership Ribbon Drill Team Ribbon Color Guard Ribbon Saber Team Ribbon Service Ribbon Longevity Ribbon E2C Physical Fitness Ribbon Recruiting Ribbon Activities Ribbon Attendance Ribbon Good Conduct Ribbon Dress & Appearance Ribbon Drill Team Badge Color Guard Badge Saber Team Badge Kitty Hawk Air Society Badge Awareness Presentation Team BadgeNational Awards Valor Ribbon Humanitarian Ribbon Air Force Association Ribbon Daedalian Ribbon American Legion Scholastic American Legion Military Daughters of the American Revolution American Veterans Reserve Officers Military Order of World Wars The Retired Officers Association Veterans of Foreign Wars National Sojourners Sons of the American Revolution Scottish Rite Military Order of the Purple Heart Air Force Sergeants Association Achievement Noncommissioned Officers Association Distinguished AFJROTC Cadet Community Service with Excellence Award

CADET EVALUATION

(Enlisted)

Name _____ Position/Year _____

Flight/Element _____ Squadron _____ Date _____

Part 1: Evaluation of Performance

1. Duty Performance: (Consider listening skills, followership, and quality of duties performed)

- _____ Unsatisfactory, unprofessional performer
- _____ Marginal, barely exceeding the minimum requirements
- _____ Satisfactory, good performer, performs duties satisfactorily
- _____ Excellent, consistently produces high quality work

2. Job Knowledge: (Consider knowledge of rank insignia, chain of command, and drill commands)

- _____ Unsatisfactory, needs considerable improvement
- _____ Marginal, barely meet the minimum requirements
- _____ Satisfactory gets the job accomplished
- _____ Excellent, extensive knowledge of all primary duties

3. Leadership: (Consider how well cadet set a positive example, displays initiative and integrity)

- _____ Unsatisfactory, ineffective
- _____ Marginal, unable to consistently invoke others and get results
- _____ Satisfactory, gets results
- _____ Excellent, accepts responsibility, highly effective leader

4. Professional Qualities: (Consider respect for authority, and support for cadet corps activities)

- _____ Unsatisfactory, unprofessional, unreliable
- _____ Marginal, complies with some standards and expectations
- _____ Satisfactory, meets expectations
- _____ Excellent, sets the example for others to follow

5. Communication Skills: (Consider cadet's verbal and written skills)

- _____ Unsatisfactory, Unable to communicate effectively
- _____ Marginal, occasionally lacks ability to communicate effectively
- _____ Satisfactory, organizes and expresses thoughts satisfactorily
- _____ Excellent, Organizes and expresses ideas clearly

Part II: Military Performance

Merits _____ Demerits _____

Drill and Ceremonies: Needs Improvement
Satisfactory
Excellent

Part III: Physical Fitness

Physical Fitness Test _____

Physical Training: Needs Improvement
Satisfactory
Excellent

Part IV: Community Service

Hours Performed _____

Community Service: Needs Improvement
Satisfactory
Excellent

Part V: Program Participation

_____ Drill Team _____ Color Guard _____ Saber Team _____ Presentation Team
_____ Honor Society _____ Parades _____ Drill Competition _____ March On
_____ Fund Raiser _____ Others:

Part VI: Element Sergeant/Leader Comments

Part VII: Flight Sergeant/Commander Comments

Evaluator's signature _____ Indorser's signature _____

Evaluator print name: _____ Indorser print name: _____

Cadet's signature _____ SASI/ASI's signature _____

CADET EVALUATION

(Officer)

Name _____ Position/Year _____

Flight/Squadron _____ Date _____

Part 1: Evaluation of Performance

1. Duty Performance: (Consider quality, quantity, and timeliness of duties performed)

- _____ Unsatisfactory, unprofessional performer
- _____ Marginal, barely exceeding the minimum requirements
- _____ Satisfactory, good performer, performs duties satisfactorily
- _____ Excellent, consistently produces high quality work

2. Job Knowledge: (Consider whether cadet know what their job duties consist of, and how to apply the knowledge)

- _____ Unsatisfactory, needs considerable improvement
- _____ Marginal, barely meet the minimum requirements
- _____ Satisfactory gets the job accomplished
- _____ Excellent, extensive knowledge of all primary duties

3. Leadership: (Consider whether cadet motivates peers or subordinates, enforce JROTC standards, set a positive example, promote teamwork, and displays initiative and integrity)

- _____ Unsatisfactory, ineffective
- _____ Marginal, unable to consistently invoke others and get results
- _____ Satisfactory, gets results
- _____ Excellent, accepts responsibility, highly effective leader

4. Professional Qualities: (Consider respect for authority, loyalty, and support for cadet corps activities)

- _____ Unsatisfactory, unprofessional, unreliable
- _____ Marginal, complies with some standards and expectations
- _____ Satisfactory, meets expectations
- _____ Excellent, sets the example for others to follow

5. Communication Skills: (Consider cadet's verbal and written skills, and ability to organize and express ideas)

- _____ Unsatisfactory, Unable to communicate effectively
- _____ Marginal occasionally lacks ability to communicate effectively
- _____ Satisfactory, organizes and expresses thoughts satisfactorily
- _____ Excellent, Organizes and expresses ideas clearly

Part II: Military Performance

Merits_____Demerits_____

Drill and Ceremonies: Needs Improvement
Satisfactory
Excellent

Part III: Physical Fitness

Physical Fitness Test _____

Physical Training: Needs Improvement
Satisfactory
Excellent

Part IV: Community Service

Hours Performed_____

Community Service: Needs Improvement
Satisfactory
Excellent

Part V: Program Participation

_____Drill Team _____Color Guard _____Saber Team _____Presentation Team
_____ Honor Society _____ Parades _____Drill Competition _____March On
_____ Fund Raiser _____ Others:

Part VI: Operations Officer/Squadron Commander Comments:

Part VII: Wing/Vice Wing Commander Comments:

Evaluator’s signature _____ Indorser’s signature _____

Evaluator print name: _____ Indorser print name: _____

Cadet’s signature _____ SASI/ASI’s signature _____

Promotion Requirements/Checklist

Promotion test—70% _____

Satisfactory Evaluation _____

Element Leader/Sergeant _____

Flight Commander/Sergeant _____

Squadron Commander/Operations Officer _____

Wing/Vice Wing Commander _____

SASI/ASI _____

In 2004 the Air Force set new weight requirements for joining (see the chart below). Another change is that the weight requirements are now exactly the same for **males** and **females**.

Note: Your weight and body fat determinations (as accomplished at MEPS or other point of entry to service) remain part of accession physical standards and may also be used as entry criteria for accession training programs. The standard is a maximum body fat of 20% for males <30, 24% for males >30, 28% for females <30, and 32% for females >30.

Below are the Air Force's height and weight requirements for recruits to enlist.

Air Force Weight Chart

Height	Maximum Weight	Minimum Weight
58	131	91
59	136	94
60	141	97
61	145	100
62	150	104
63	155	107
64	160	110
65	165	114
66	170	117
67	175	121
68	180	125
69	186	128
70	191	132
71	197	136
72	202	140
73	208	144
74	214	148
75	220	152
76	225	156
77	231	160
78	237	164
79	244	168
80	250	173

CO-20001 Cadet Health & Wellness Program

Name: _____ Male/Female _____ Period #/Flight _____
Last First (circle one) JROTC year

Physical Fitness Test

(FALL) Date: _____

	REPS/TIME	SCORE/POINTS
1 Mile Run	_____	_____
Sit-Ups	_____	_____
Plank	_____	_____
Push-Ups	_____	_____
	TOTAL	_____

Physical Fitness Test

(SPRING) Date: _____

	REPS/TIME	SCORE/POINTS
1 Mile Run	_____	_____
Sit-Ups	_____	_____
Plank	_____	_____
Push-Ups	_____	_____
	TOTAL	_____

MERIT/DEMERIT		
1. Cadet Last/First Name:	Flight:	Date:
2. Merit <input type="checkbox"/>	Demerit <input type="checkbox"/>	Total: _____
3. Reason:		
4. Issuer's Name:		
Cadet:	Element Leader/Sgt:	Flight CC/Sgt:
Squadron CC/Ops:	Wing CC/VC:	SASI/ASI:
MD Form 50		

MITCHELL HIGH SCHOOL

AFJROTC LETTER APPLICATION

Name: _____
(Last) (First) (M)

Grade: _____

Flight/ Position: _____

Program Participation: _____

Semester GPA: _____

Semester JROTC Grade: _____

Physical Fitness Score: _____

Community Service Hours: _____

Merits: _____

Demerits: _____

Explain in a short paragraph why you feel you have earned an AFJROTC Letter. Please mention any special awards that you have received in AFJROTC: _____

Signature: _____

Date: _____

Element Leader's: Recommend / Non Recommend: _____

Flight Commander's: Recommend / Non Recommend: _____

Squadron Commander's: Recommend / Non Recommend: _____

Wing Commander's: Recommend / Non Recommend: _____

SASI / ASI Recommendation: Recommend / Non Recommend: _____

Cadet Signature: _____ Date: _____

Element Leader Signature: _____ Date: _____

Flight Commander Signature: _____ Date: _____

Squad. Commander Signature: _____ Date: _____

Wing Commander Signature: _____ Date: _____

SASI / ASI Signature: _____ Date: _____

FLIGHT DRILL SEQUENCE

1. Fall in
2. Open ranks march
3. Ready front
4. Close rank march
5. Present arms
6. Order arms
7. Parade rest
8. Attention
9. Left face
10. About face
11. Forward march
12. Right flank march
13. Left flank march
14. Column right march
15. Forward march
16. To the rear march
17. To the rear march
18. Column right march
19. Forward march
20. Eyes right
21. Ready Front
22. Column right march
23. Forward march
24. Change step march
25. Column right march
26. Forward march
27. Flight halt
28. Left face
29. Right step march
30. Flight halt

Portrait
of a
LEADER

Creative

A leader seeks new boundaries for the imagination.

Role Model

A leader is an example of the rule, not an exception.

Supportive

A leader praises efforts and celebrates achievements.

Competitive

A leader never settles for second best.

Resilient

A leader sees a “failure” as a lesson,
Not a defeat--and marches on.

Daring

A leader takes “intelligent risks.”

Attentive

A leader listens, not just hears.

Inspirational

A leader fosters the best in others,
Offering opportunity for a better future.

Adaptable

A leader embraces change
And encourages innovation.

Optimistic

A leader faces every hurdle as a stepping stone.

Decisive

A leader evaluates a situation and makes
A well-informed judgment—now!

Ethical

A leader makes decisions founded
On sound morals and fair judgment

Honest

A leader says what he thinks and does what he says.

THE AIR FORCE SONG

*Off we go into the wild blue yonder,
Climbing high into the sun;
Here they come zooming to meet our thunder,
At 'em boys giv'er the gun!
Down we dive spouting our flame from under,
Off with hell-uv-a-roar!
We live in fame or go down in flame,
Nothing'll stop the US Air Force!*

*Minds of men fashioned a crate of thunder,
Sent it high into the blue;
Hands of men blasted the world asunder,
How they lived God only knew!
Souls of men dreaming of skies to conquer,
Gave us wing, ever to soar,
With Scouts before and bombers galore,
Nothing can stop the US Air Force!*

*Here's a toast to the host of those who love the vastness of the sky,
To a friend we send the message of his brother men who fly,
We drink to those who gave their all of old,
Then down we roar to score the rainbow's pot of gold.
A toast to the host of men we boast, The US Air Force.*

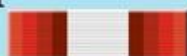
*Off we go into the wild blue yonder,
Keep the wings level and true!
If you'd live to be a gray-haired wonder,
Keep the nose out of the blue!
Flying men guarding our nation's borders,
We'll be there followed by more,
In echelon we carry on!
Nothing'll stop the US Air Force.*



AIR FORCE JUNIOR ROTC

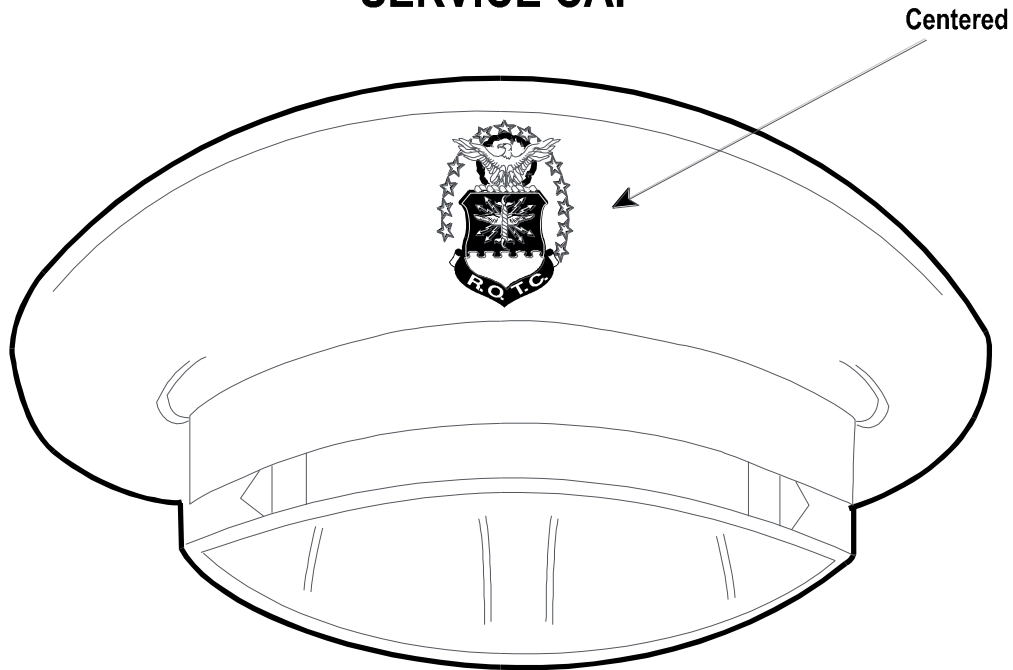
Wear Your Ribbons Proudly & Properly



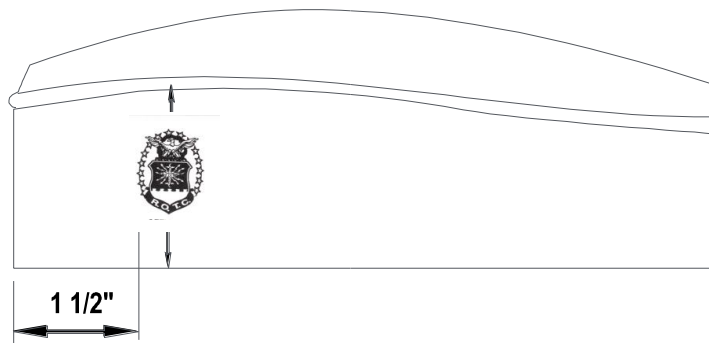
1  Air Force JROTC Valor Award (Gold)	2  Air Force JROTC Valor Award (Silver)	3  Cadet Humanitarian Award	4  Community Service with Excellence Award	5  Air Force Association Award
6  Daedalian Award	7  American Legion Scholastic Award	8  American Legion General Military Excellence Award	9  Daughters of the American Revolution Award	10  American Veterans Award
11  Reserve Officers Association Award	12  The Military Order of World Wars Medal	13  Military Officers Association Award	14  Veterans of Foreign Wars Award	15  National Sojourners Award
16  Sons of the American Revolution Award	17  Scottish Rite, Southern Jurisdiction Award	18  Military Order of the Purple Heart	19  Air Force Sergeant Association	20  Sons of Union Veterans of the Civil War
21  Sons of Confederate Hunley Award	22  Tuskegee Airmen Inc. AFJROTC Cadet Award	23  The Retired Enlisted Association Award	24  Celebrate Freedom Foundation/ Embry Riddle Aeronautical University JROTC Award	25  Nonfunded National Award
26  The Outstanding Cadet Ribbon	27  Leadership Ribbon	28  Achievement Ribbon	29  Superior Performance Ribbon	30  Distinguished Unit Award
31  Outstanding Organization Award	32  Top Performer Award	33  Academic Ribbon	34  Outstanding Flight Ribbon	35  Leadership School Ribbon
36  Special Teams Competition	37  Orienteering Ribbon	38  Cocurricular Activities Leadership Ribbon	39  Drill Team Ribbon	40  Color Guard Ribbon
41  Sabre Team Ribbon	42  Marksmanship Ribbon	43  Good Conduct Ribbon	44  Service Ribbon	45  Health and Wellness
46  Recruiting Ribbon	47  Activities Ribbon	48  Attendance Ribbon	49  Dress & Appearance Ribbon	50  Longevity Ribbon
51  Gen Carl Spaatz Award (CAP)	52  Gen Ira C. Eaker Award (CAP)	53  Amelia Earhart Award (CAP)	54  Gen Billy Mitchell Award (CAP)	55  Gen J.F. Curry Achievement Award (CAP)

CADET MALE HEADGEAR

SERVICE CAP



FLIGHT CAP



centered top to bottom and
1 1/2 inches from front of cap

Officers wear hat insignia with stars

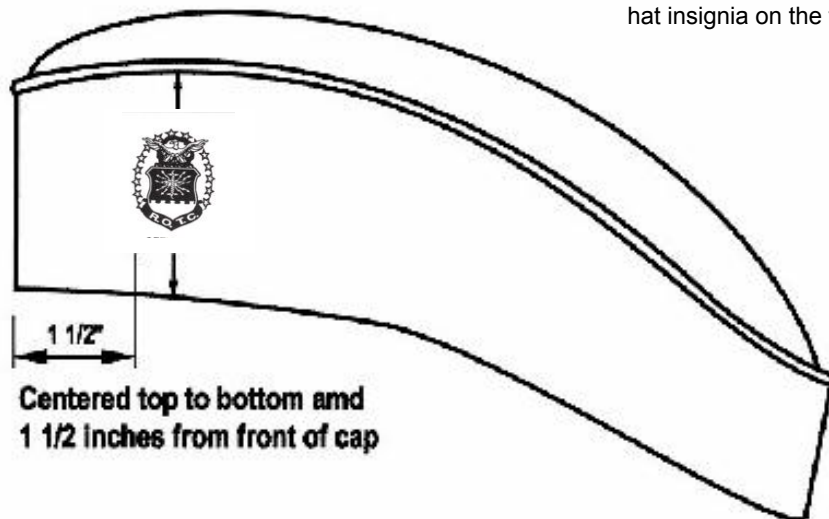
CADET FEMALE HEADGEAR

SERVICE CAP



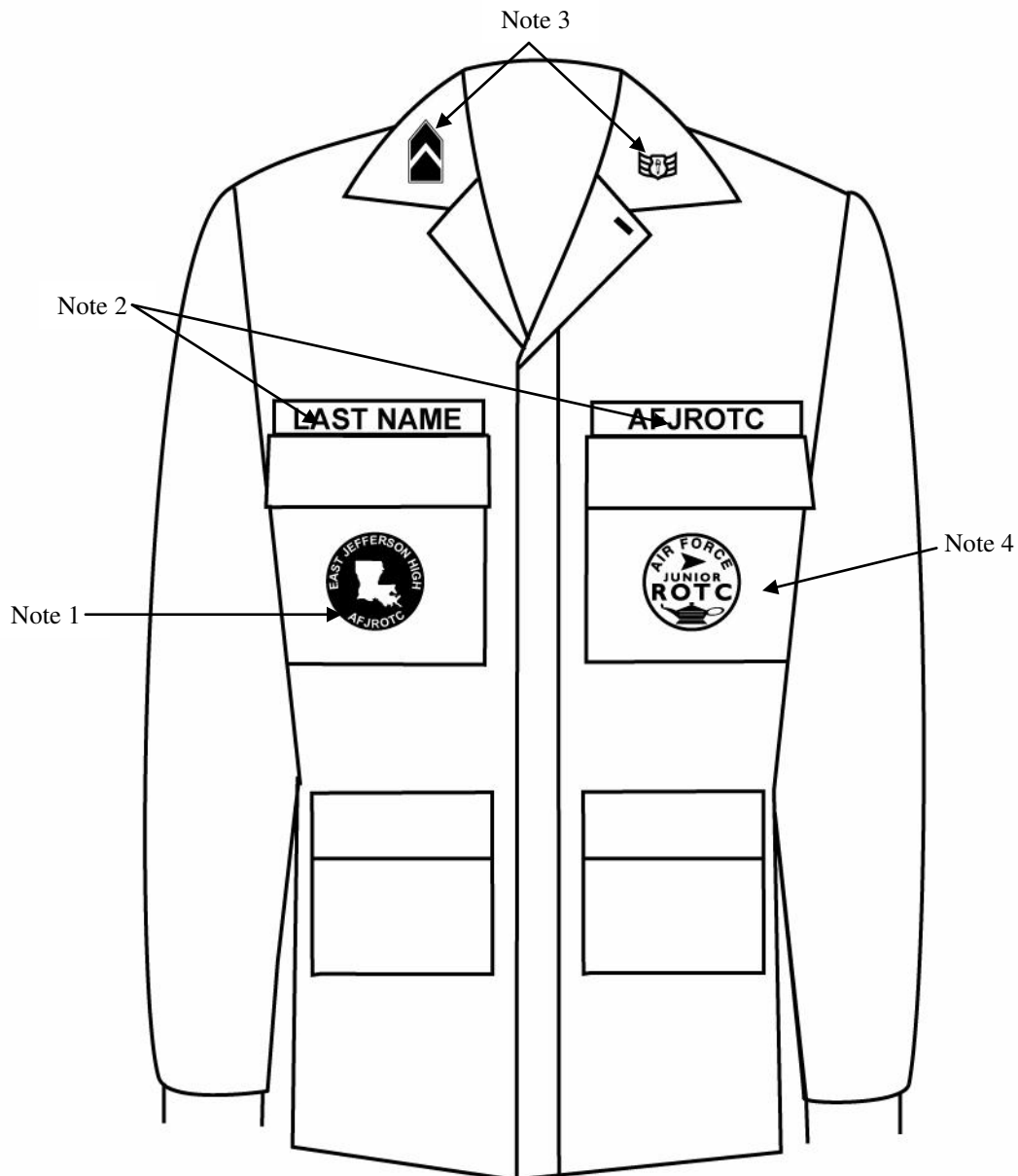
FLIGHT CAP

* Enlisted Ranks will have no hat insignia on the flight cap



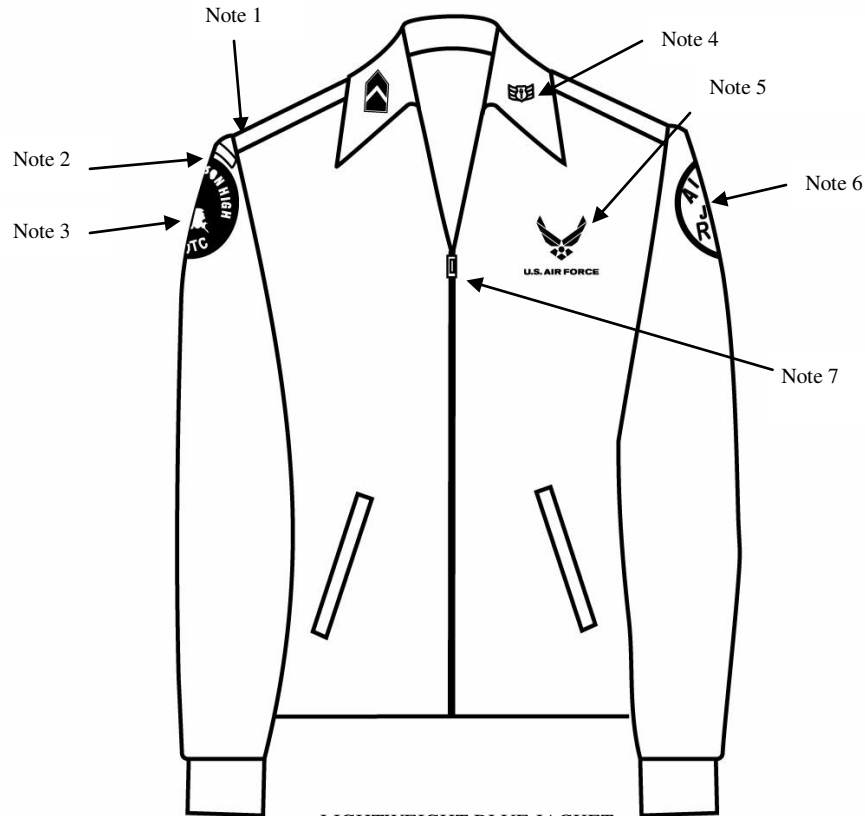
Officers wear hat insignia with stars

CADET AIRMAN BATTLE UNIFORM (ABU) Male and Female

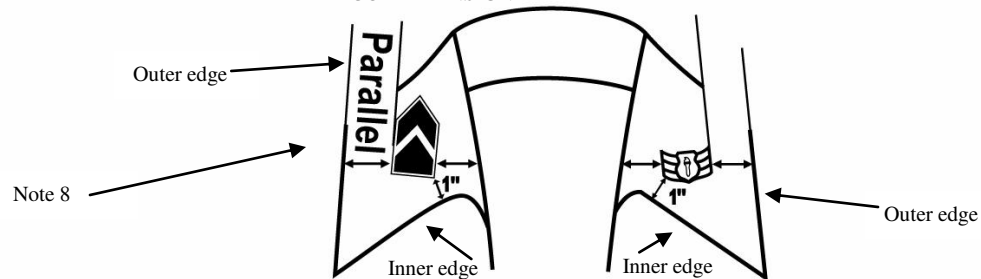


1. Unit patch worn on right pocket and centered.
2. Tapes grounded and centered on pockets.
3. Grade insignia (officer or enlisted) is worn on both left and right collars, centered on collar and parallel with bottom of collar. Airman Basic have no collar insignia.
4. AFJROTC patch worn on left pocket and centered.

CADET LIGHTWEIGHT BLUE JACKET



LIGHTWEIGHT BLUE JACKET
COLLAR INSIGNIA

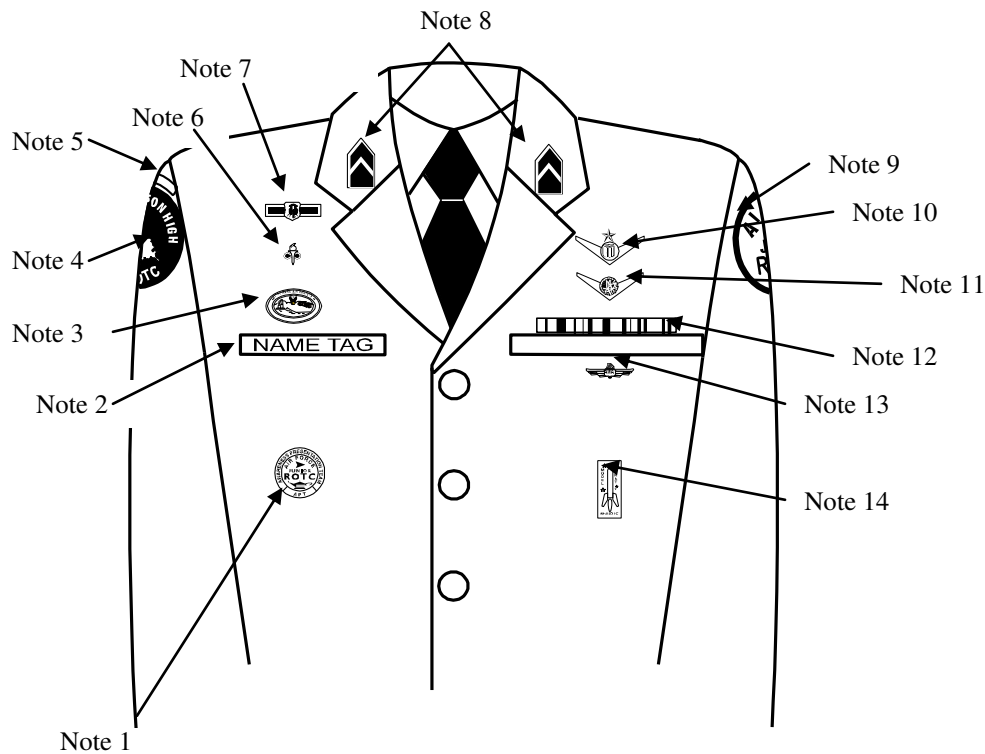


1. (Officers only) When placing rank on epaulet instead of collar, use standard size metal rank, center on epaulet 5/8 in from shoulder seam.
2. Shoulder tabs are centered between unit patch and shoulder seam. If no patch, then 1" below shoulder seam.
3. Unit patch on right sleeve 1/2 to 1 inch below shoulder seam and centered.
4. Grade insignia (officer and enlisted) is worn on both left and right collar. Airman Basic have no collar insignia.
5. Optional item: center vertically between the shoulder seam and where the underarm side seam joins the armhole sleeve and center horizontally between the center zipper and the sleeve armhole seam.
6. AFJROTC patch on left sleeve 1/2 to 1 inch below shoulder seam and centered.
7. Jacket will be closed to at least the halfway point.
8. Center insignia horizontally on collar. Place 1 inch from bottom of collar and parallel to the outer edge of the collar.

CADET MALE 1620 SERVICE DRESS

Attachment #20

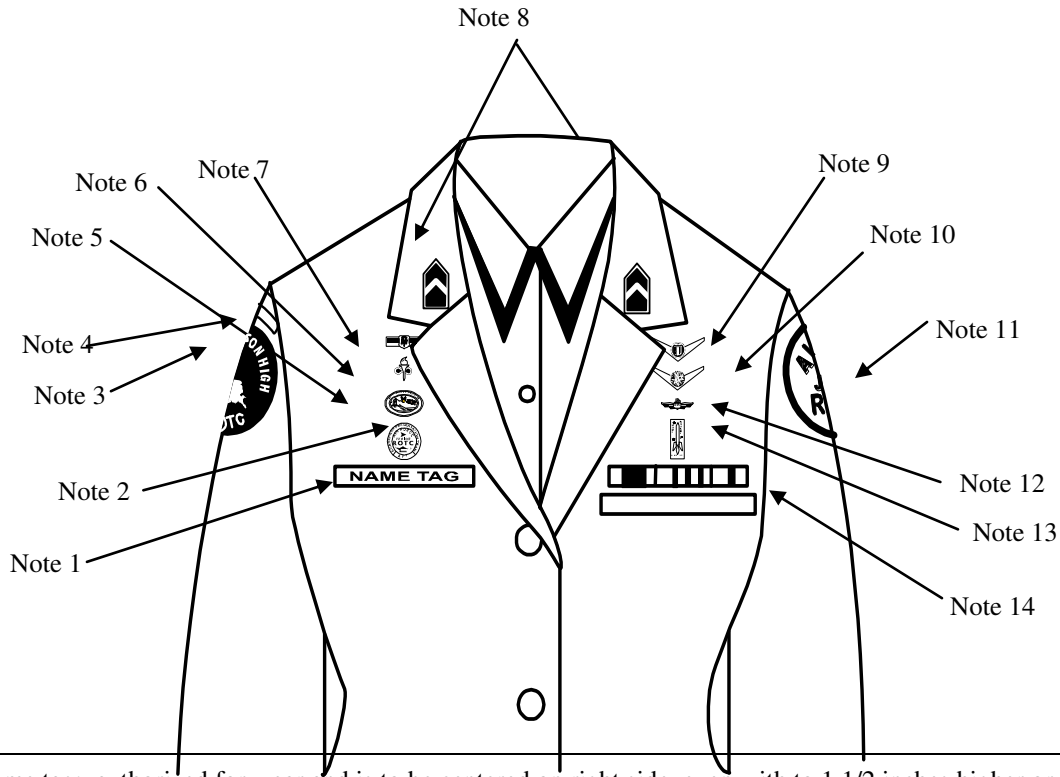
Note: Cadets may wear the rank on both coat and shirt at the same time or only on the coat. The cadets must be in proper uniform at all times. If they have the coat on, the rank insignia must be on the coat. If they remove the coat, the rank must be on the shirt.



1. Awareness Presentation Team (APT) badge: Center on welt pocket 3 inches below the top.
2. Name tag: Center between arm seam and lapel with bottom edge parallel to top of welt pocket
3. Kitty Hawk Badge: see note 15.
4. Unit patch: Placed ½ to 1 inch below shoulder seam and centered.
5. Shoulder tabs: Center between unit patch and shoulder seam. If no patch, then 1 inch below shoulder seam.
6. Aerospace Education Foundation (AEF) Badge: see note 15.
7. Distinguished Cadet Badge: see note 15.
8. Grade insignia (officer or enlisted) worn on both lapels. Place insignia halfway up the seam, resting on but not over it. Bottom of insignia is horizontal with the ground. *(The lapel insignia (eagles non-chrome) will no longer be worn on the lapels by Airmen Basics.)
9. AFJROTC Patch: Placed ½ to 1 inch below shoulder seam, and centered.
10. Flight Solo or Flight Certificate Badge: see note 15.
11. Ground School Badge: see note 15.
12. Ribbons: Center, on but not over edge of pocket. Wear 3 or 4 in a row. Wear all or some.
13. Academy of Model Aeronautic Wings: worn 1 inch below pocket.
14. Model Rocketry Badge: worn 2 inches below AMA Wings or 3 inches below pocket if no AMA Wings are worn.
15. First badge placed ½ inch above name tag or ribbons and is centered horizontally. Additional badges placed ½ inch above previous badge.

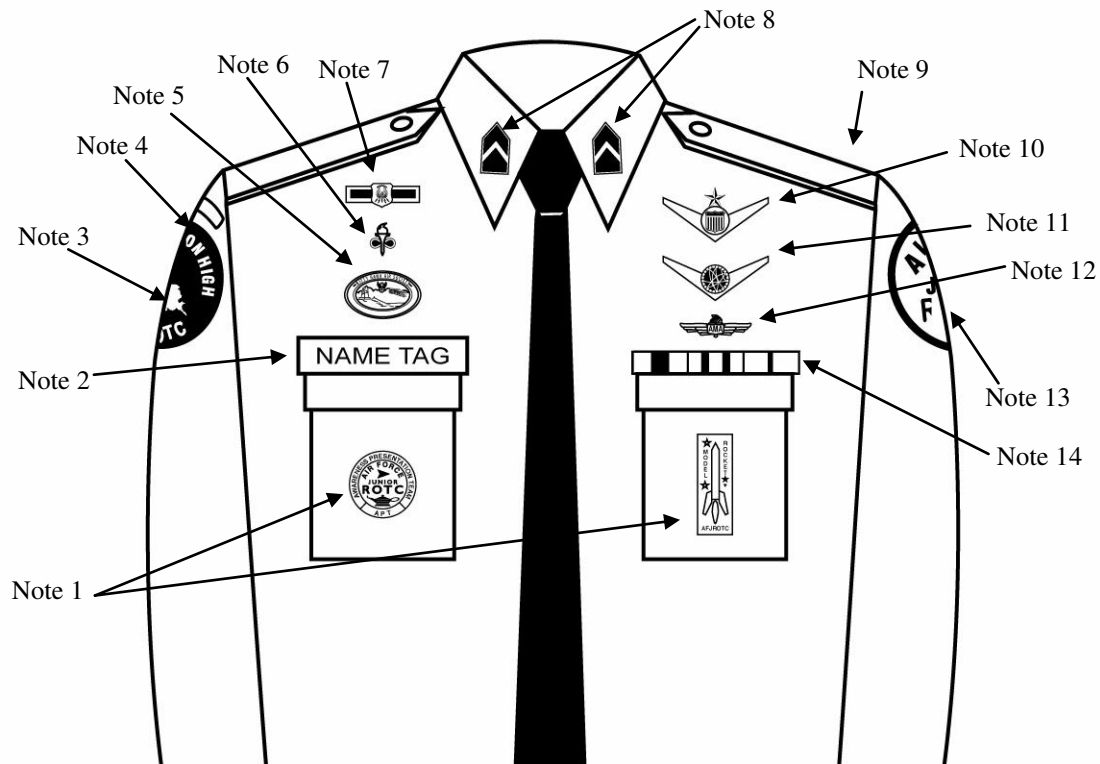
CADET FEMALE 1620 SERVICE DRESS

Note: Cadets may wear the rank on both coat and shirt at the same time or only on the coat. The cadets must be in proper uniform at all times. If they have the coat on, the rank insignia must be on the coat. If they remove the coat, the rank must be on the shirt.



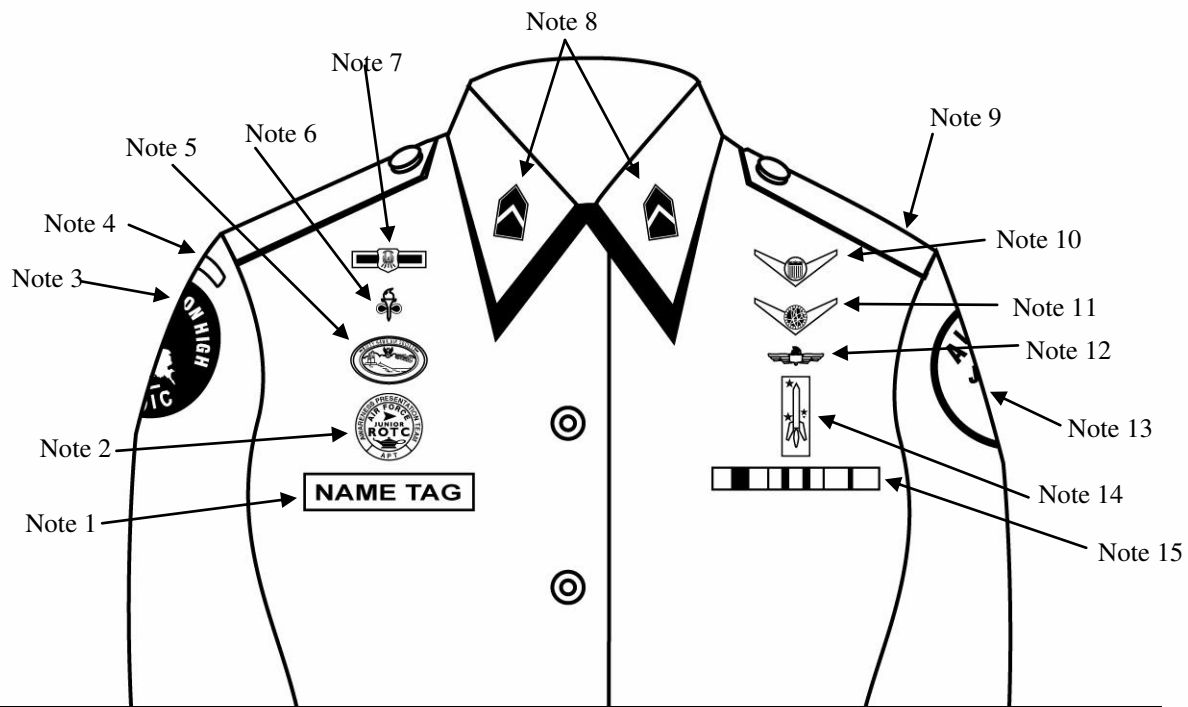
1. Name tag: authorized for wear and is to be centered on right side, even with to 1 1/2 inches higher or lower than the first exposed button.
2. Awareness Presentation Team Badge: see note 15.
3. Unit patch: center 1/2 to 1 inch below shoulder seam.
4. Shoulder tab: centered between unit patch and shoulder seam. If no patch, then 1 inch below shoulder seam.
5. Kitty Hawk Badge: see note 15.
6. Aerospace Education Foundation (AEF) Badge: see note 15.
7. Distinguished Cadet Badge: see note 15.
8. Grade insignia (officer or enlisted) worn on both lapels. Place insignia halfway up the seam, resting on but not over it. Bottom of insignia is horizontal with the ground. *(The lapel insignia (eagles non-chrome) will no longer be worn on the lapels by Airmen Basics.)
9. Flight Solo or Flight Certificate Badge: see note 15.
10. Ground School Badge: see note 15.
11. AFJROTC Patch: center 1/2 to 1 inch below shoulder seam.
12. Academy of Model Aeronautic (AMA) Wings: see note 15.
13. Model Rocketry Badge: see note 15.
14. Ribbons: center ribbons resting on but not over edge of welt pocket. Wear 3 or 4 in a row. Wear all or some.
15. First badge placed 1/2 inch above name tag or ribbons (whichever is appropriate) and is centered horizontally. Additional badges placed 1/2 inch above previous badge.

CADET MALE BLUE SHIRT

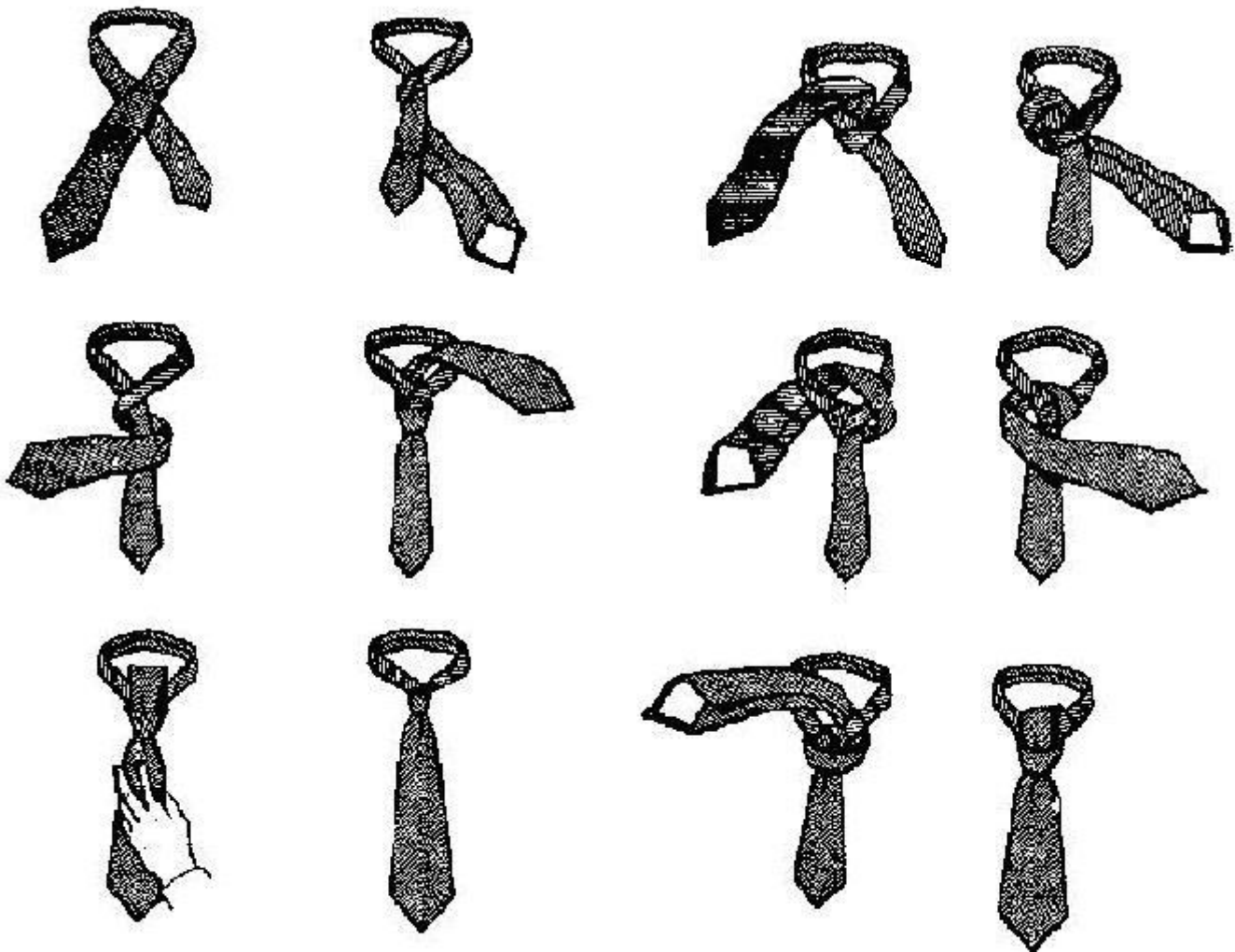


1. Awareness Presentation Team (APT) and Model Rocketry Badge are centered on the pockets on the appropriate sides as displayed above.
2. Name tag: authorized for wear and is to be grounded and centered over wearer's right pocket.
3. Unit patch: center ½ to 1 inch below shoulder seam.
4. Shoulder tab: center between unit patch and shoulder seam. If no patch, then place 1 inch below shoulder seam.
5. Kitty Hawk Badge: see note 15.
6. Aerospace Education Foundation (AEF) Badge: see note 15.
7. Distinguished Cadet Badge: see note 15.
8. Grade insignia (officer or enlisted) worn on both left and right collar, centered side to side and top to bottom. Enlisted rank's bottom point of torch points toward the point of the collar. Officer top point of rank aligned with point of collar. Airman Basic have no insignia of any kind on the collar.
9. (Officers only) When using officer cloth rank on epaulets versus miniature metal rank on collar, place as close as possible to shoulder seam.
10. Flight Solo or Flight Certificate Badge: see note 15.
11. Ground School Badge: see note 15.
12. Academy of Model Aeronautic (AMA) Wings: see note 15.
13. AFJROTC Patch: center ½ to 1 inch below shoulder seam.
14. Ribbons: ground and center on pocket.
15. First badge placed ½ inch above name tag or ribbons and is centered horizontally. Additional badges placed ½ inch above previous badge.

CADET FEMALE BLUE SHIRT



1. Name tag: authorized for wear and is to be centered on right side, even with to 1 1/2 inches higher or lower than the first exposed button.
2. Awareness Presentation Team Badge: see note 16.
3. Unit patch: center 1/2 to 1 inch below shoulder seam.
4. Shoulder tab: centered between unit patch and shoulder seam. If no patch, then 1 inch below shoulder seam.
5. Kitty Hawk Badge: see note 16.
6. Aerospace Education Foundation (AEF) Badge: see note 16.
7. Distinguished Cadet Badge: see note 16.
8. Grade insignia (officer or enlisted) worn on both left and right collar, centered side to side and top to bottom. Enlisted rank's bottom point of torch points toward the point of the collar. Officer top point of rank aligned with point of collar. Airman Basic have no insignia of any kind on the collar.
9. (Officers only) When using officer cloth rank on epaulets versus miniature metal rank on collar, place as close as possible to shoulder seam.
10. Flight Solo or Flight Certificate Badge: see note 16.
11. Ground School Badge: see note 16.
12. Academy of Model Aeronautic (AMA) Wings: see note 16.
13. AFJROTC Patch: center 1/2 to 1 inch below shoulder seam.
14. Model Rocketry Badge: see note 16.
15. Ribbons: Center, parallel with ground. Align with bottom of name tag. Or, if no name tag, align bottom of ribbons even with to 1 1/2 inches higher or lower than the first exposed button.
16. First badge placed 1/2 inch above name tag or ribbons (whichever is appropriate) and is centered horizontally. Additional badges placed 1/2 inch above previous badge.



How to Tie a Four-In-Hand and Windsor Knot

Four-in-Hand Knot	Windsor Knot
<p>Start with the wide end of the tie on the right Side, then cross the wide end over in back and to the left; bring it completely around the front to your right, bring it back and up through the center, pass it through the loop in front, tighten the knot neatly, forming a “dimple” with your index finger.</p>	<p>With the wide end of the tie about 12 inches Longer than the narrow end, make a loop as shown. Bring the wide end around and behind the narrow end in the position illustrated; turn the wide end up and put it through the loop and around in front of the narrow end; bring it through the loop of the tie; pull the wide end through the knot and shape carefully.</p>

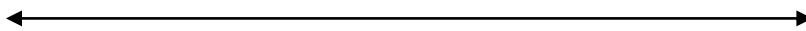
CADET PERFORMANCE FEEDBACK WORKSHEET

Name _____ Position/Year _____
 Flight/Element _____ Squadron _____ Date _____

Part 1: Evaluation of Performance

1. Duty Performance: (Consider listening skills, followership, quality of duties performed, quality, quantity, and timeliness of duties performed)

Need Significant Improvement	Need Little or no Improvement
------------------------------------	-------------------------------------



COMMENTS:

2. Job Knowledge: (Consider knowledge of rank insignia, chain of command, drill commands, whether cadet know what their job duties consist of, and how to apply the knowledge)

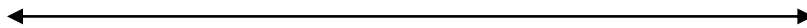
Need Significant Improvement	Need Little or no Improvement
------------------------------------	-------------------------------------



COMMENTS:

3. Leadership: (Consider how well cadet set a positive example, displays initiative, integrity, does cadet motivates peers or subordinates, enforce JROTC standards, set a positive example, promote teamwork, and displays initiative.)

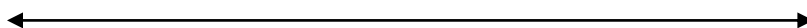
Need Significant Improvement	Need Little or no Improvement
------------------------------------	-------------------------------------



COMMENTS:

4. Professional Qualities: (Consider respect for authority, and support for cadet corps activities)

Need Significant Improvement	Need Little or no Improvement
------------------------------------	-------------------------------------



COMMENTS:

5. Communication Skills: (Consider cadet’s verbal and written skills, and ability to organize and express ideas)

Need
Significant
Improvement

Need
Little or no
Improvement



COMMENTS:

Part II: Military Performance (Merits, Demerits, and Drill & Ceremonies)

Needs Improvement Satisfactory Excellent

COMMENTS:

Part III: Community Service (Hours Performed _____)

Needs Improvement Satisfactory Excellent

COMMENTS:

Part IV: Program Participation

____ Drill Team ____ Color Guard ____ Saber Team ____ Presentation Team
____ Honor Society ____ Parades ____ Drill Competition ____ March On
____ Fund Raiser ____ Others:

COMMENTS:

STRENGTHS, SUGGESTED GOALS, AND ADDITIONAL COMMENTS:

Evaluator’s signature _____

Evaluator print name:

Cadet’s signature _____



Mitchell High School Air Force Junior ROTC

**Cadet Health & Wellness Program
 CADET PARTICIPATION CONSENT FORM WITH
 HEALTH SCREENING QUESTIONNAIRE**

To _____ and Parent/Guardian:

AFJROTC Cadet Health and Wellness Program is designed to work with your child to help them improve their physical fitness. All physical activity sessions will be supervised and monitored by at least one of our instructors. These sessions include walking, running; and calisthenics exercises. The AFJROTC instructors have been trained in administering CPR if needed.

_____ has permission to participate in the Cadet Health and Wellness Program. YES - NO

By granting permission, we understand there are risks associated with any physical activity. It is our responsibility to inform the JROTC instructors of anything that should keep my child from participating in the AFJROTC Cadet Health and Wellness Program

As a Cadet in JROTC, I know that it is my responsibility to monitor my individual physical performance during any activity and to inform the AFJROTC instructor of any problem.

In the event of a medical problem, we understand that any medical care that may be required is our personal financial responsibility.

It is mandatory to complete this screening form prior to participating in the Cadet Health and Wellness Program. Return this completed questionnaire to your SASI or ASI, and advise them if you responded "yes" to any of the questions below.

1. Has there been any significant change to your health in the past 6 months? YES - NO
2. Are you currently on a medical profile exempting you from PT activities? YES - NO
3. Has a physician ever indicated you have heart disease, heart or breathing troubles? YES - NO
 - a. Do you suffer from pains in your chest, especially with physical activity? YES - NO
 - b. Do you feel faint or have dizzy spells during or after physical activity? YES - NO
 - c. Do you have shortness of breath related to asthma or any other condition that exercise could aggravate? YES - NO
4. Have you experienced a significant weight change in the past 6 months? YES - NO
 - a. If "Yes", indicate the estimated amount gained or lost: ___ lbs.
5. Have you ever been diagnosed or displayed symptoms of heat stress? YES - NO
6. Females only: Are you pregnant or do you think you may be pregnant? YES - NO
7. Do you take any dietary, herbal or nutritional supplements, which contain any of the following substances: Ephedra/Ephedrine, Guarana, Phenylephrine, Pseudoephedrine? YES - NO
 - a. If "Yes," please list: _____
8. Do you have any other medical issues that may cause a safety concern during physical exercise? YES - NO
 - a. If "Yes," please list: _____

 (Printed Name of Cadet)

 (Signature of Cadet)

 (Date)

 (Printed Name of Parent/Guardian)

 (Signature of Parent/Guardian)

 (Date)

The Privacy Act of 1974 applies. The sole purpose of this form is to gather information to be used for screening a candidate for participation as an AFJROTC cadet in the AFJROTC Cadet Health and Wellness Program. This form is for internal use only. Disclosure is voluntary; failure to disclose will result in the inability to participate in PT activities.

The Presidential Physical Fitness Award

(This represents the 85th percentile.)

	Age	Curl Ups	Partial Curl Ups	Shuttle Run	V-Sit & Reach	Sit & Reach	One Mile Run/Walk	Pull Ups	Right Angle Push Ups
Male	14	56	62	9.1	4.5	36	6:26	10	40
	15	57	75	9	5	37	6:20	11	42
	16	56	73	8.7	6	38	6:08	11	44
	17	55	66	8.7	7	41	6:06	13	53
Female	14	47	48	10.1	8	40	7:59	2	20
	15	48	38	10	8	43	8:08	2	20
	16	45	49	10.1	9	42	8:23	1	24
	17	44	58	10	8	42	8:15	1	25

The National Physical Fitness Award

(This represents the 50th percentile.)

	Age	Curl Ups	Partial Curl Ups	Shuttle Run	V-Sit & Reach	Sit & Reach	One Mile Run/Walk	Pull Ups	Right Angle Push Ups	Flexed Arm Hang
Male	14	45	40	9.9	1	28	7:44	5	24	20
	15	45	45	9.7	2	30	7:30	6	30	30
	16	45	37	9.4	3	30	7:10	7	30	28
	17	44	42	9.4	3	34	7:04	8	37	30
Female	14	37	30	11.2	4.5	33	10:06	0	10	9
	15	36	26	11	5	36	9:58	0	15	7
	16	35	26	10.9	5.5	34	10:31	0	12	7
	17	34	40	11	4.5	35	10:22	0	16	7

The Participant Physical Fitness Award

Boys and Girls who attempt all five items, but whose scores fall *below* the 50th percentile on one or more of them are eligible to receive the Participant Award.

Attachment #29

Points	Push Ups (M)	Push Ups (F)	Sit Ups (All)	Plank (M)	Plank (F)	Mile Run (M)	Mile Run (F)
100	50	25	66	2:00	1:45	5:00-5:05	6:30-6:35
99						5:05-5:10	6:40-6:45
98	49		65			5:10-5:15	6:45-6:50
97			64			5:15-5:20	6:50-6:55
96	48	24				5:20-5:25	6:55-7:00
95			63			5:25-5:30	7:00-7:05
94	47		62			5:30-5:35	7:05-7:10
93						5:35-5:40	7:10-7:15
92	46	23	61			5:40-5:45	7:15-7:20
91			60			5:45-5:50	7:20-7:25
90	45			1:53	1:38	5:50-5:55	7:25-7:30
89			59			5:55-6:00	7:30-7:35
88	44	22	58			6:00-6:05	7:35-7:40
87						6:05-6:10	7:40-7:45
86	43		57			6:10-6:15	7:45-7:50
85			56			6:15-6:20	7:50-7:55
84	42	21				6:20-6:25	7:55-8:00
83			55			6:25-6:30	8:00-8:05
82	41		54			6:30-6:35	8:05-8:10
81						6:35-6:40	8:10-8:15
80	40	20	53	1:46	1:31	6:40-6:45	8:15-8:20
79			52			6:45-6:50	8:20-8:25
78	39					6:50-6:55	8:25-8:30
77			51			6:55-7:00	8:30-8:35
76	38	19	50			7:00-7:05	8:35-8:40
75				1:39	1:24	7:05-7:10	8:40-8:45
74	37		49			7:10-7:15	8:45-8:50
73			48			7:15-7:20	8:50-8:55
72	36	18				7:20-7:25	8:55-9:00
71			47			7:25-7:30	9:00-9:05
70	35		46	1:32	1:17	7:30-7:35	9:05-9:10
69						7:35-7:40	9:10-9:15
68	34	17	45			7:40-7:45	9:15-9:20
67			44			7:45-7:50	9:20-9:25
66	33					7:50-7:55	9:25-9:30
65			43			7:55-8:00	9:30-9:35
64	32	16	42			8:00-8:05	9:35-9:40
63						8:05-8:10	9:40-9:45
62	31		41			8:10-8:15	9:45-9:50
61			40			8:15-8:20	9:50-9:55
60	30	15		1:25	1:10	8:20-8:25	9:55-10:00
59			39			8:25-8:30	10:00-10:05
58	29		38			8:30-8:35	10:05-10:10
57						8:35-8:40	10:10-10:15
56	28	14	37			8:40-8:45	10:15-10:20
55			36			8:45-8:50	10:20-10:25
54	27					8:50-8:55	10:25-10:30
53			35			8:55-9:00	10:30-10:35

Attachment #29 CONT

Points	Push Ups (M)	Push Ups (F)	Sit Ups (All)	Plank (M)	Plank (F)	Mile Run (M)	Mile Run (F)
52	26	13				9:00-9:05	10:35-10:40
51			34			9:05-9:10	10:40-10:45
50	25			1:18	1:03	9:10-9:15	10:45-10:50
49			33			9:15-9:20	10:50-10:55
48	24	12	32			9:20-9:25	10:55-11:00
47						9:25-9:30	11:00-11:05
46	23		31			9:30-9:35	11:05-11:10
45			30			9:35-9:40	11:10-11:15
44	22	11				9:40-9:45	11:15-11:20
43			29			9:45-9:50	11:20-11:25
42	21		28			9:50-9:55	11:25-11:30
41						9:55-10:00	11:30-11:35
40	20	10	27	1:11	0:56	10:00-10:05	11:35-11:40
39			26			10:05-10:10	11:40-11:45
38	19					10:10-10:15	11:45-11:50
37			25			10:15-10:20	11:50-11:55
36	18	9	24			10:20-10:25	11:55-12:00
35						10:25-10:30	12:00-12:05
34	17		23			10:30-10:35	12:05-12:10
33			22			10:35-10:40	12:10-12:15
32	16	8				10:40-10:45	12:15-12:20
31			21			10:45-10:50	12:20-12:25
30	15		20	1:04	0:49	10:50-10:55	12:25-12:30
29						10:55-11:00	12:30-12:35
28	14	7	19			11:00-11:05	12:35-12:40
27			18			11:05-11:10	12:40-12:45
26	13					11:10-11:15	12:45-12:50
25			17	0:57	0:42	11:15-11:20	12:50-12:55
24	12	6	16			11:20-11:25	12:55-13:00
23						11:25-11:30	13:00-13:05
22	11		15			11:30-11:35	13:05-13:10
21			14			11:35-11:40	13:10-13:15
20	10	5		0:50	0:35	11:40-11:45	13:15-13:20
19			13			11:45-11:50	13:20-13:25
18	9		12			11:50-11:55	13:25-13:30
17						11:55-12:00	13:30-13:35
16	8	4	11			12:00-12:05	13:35-13:40
15			10			12:05-12:10	13:40-13:45
14	7					12:10-12:15	13:45-13:50
13			9			12:15-12:20	13:50-13:55
12	6	3	8			12:20-12:25	13:55-14:00
11						12:25-12:30	14:00-14:05
10	5		7	0:43	0:28	12:30-12:35	14:05-14:10
9			6			12:35-12:40	14:10-14:15
8	4	2				12:40-12:45	14:15-14:20
7			5			12:45-12:50	14:20-14:25
6	3		4			12:50-12:55	14:25-14:30
5						12:55-13:00	14:30-14:35
4	2	1	3			13:00-13:05	14:35-14:40
3			2			13:05-13:10	14:40-14:45
2	1					13:10-13:15	14:45-14:50
1			1			13:15-13:20	14:50-14:55
0						13:20 & over	14:55 & over



U.S. AIR FORCE

“Aim High.....Fly-Fight-Win”