



COCONINO HIGH SCHOOL ARMY JROTC
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Flagstaff, AZ 86004
(928) 773-8225/6468 Fax 773-8247

ATOW-NAZ-CH

15 January 2014

MEMORANDUM FOR Senior Army Instructors

SUBJECT: Memorandum of Instruction for **Coconino Raider & Marksmanship Challenge, Saturday, 12 April 2014, Coconino High School, Flagstaff AZ 86004**

1. **GENERAL:** The purpose of the Raider and Academic Challenge competitions is to allow cadets to compete in physical challenges, demonstrate leadership, and work as a team. Additionally, cadets will have an opportunity to meet cadets from other schools and learn more about their JROTC programs. The following schools have been invited to this competition: Army JROTC, Chinle H.S.; Army JROTC, Army JROTC, Hopi H.S.; Pinon H.S.; Air Force JROTC, Prescott H.S.; Army JROTC, Red Mountain High School; Army JROTC Rio Rico H.S.; Army JROTC, Skyline High School; and Marine JROTC, Tuba City High School.

2. **CONCEPT OF THE OPERATION:**

a. **Events.** The events selected for this competition are believed to be in line with the level of physical fitness and abilities associated with Raider Teams and - in the case of the Academic Challenge - general knowledge of JROTC and Academic Challenge subjects.

b. **Raider Challenge.** Teams will be comprised of five (5) cadets (at least one must be female), and each school may enter two (2) teams (exception: only one Team may compete in the Academic Challenge). One alternate male and 1 alternate female should be prepared to compete in the event of an injury. Cadets cannot be switched out in the middle of an event (i.e., part way through a run). Once an alternate is substituted, he or she must complete the remainder of the competition for all remaining events. If you choose to enter 2 teams in the Raider Challenge, please identify them as Team 1 and Team 2 with cadet names when registering. Cadets will not be allowed to switch from one team to another once competition has begun. The details for specific events are discussed in para 3.

c. **Marksmanship Challenge:** Sporter Air Rifle Category (team), as described in National Standard Three-Position Air Rifle Rules. This match will be a 3 x 10 competition. Ten (10) shots in each of the three (3) positions fired in the following order: prone, standing, and kneeling in accordance with the CMP rulebook. **This will be an optional event and point totals will not be included in the overall trophy competition.** Teams will be comprised of four (4) cadets and should not to be drawn from the Raider Challenge teams.

d. **Location.** All Raider Challenge events will take place at either the Coconino H.S. Small Gym or the stadium track (the Academic Challenge will be conducted in the JROTC classroom). In the event that the running event cannot be conducted outside due to inclement weather, an alternate indoor event (Cadet Challenge Shuttle Run) will be substituted. Cadet guides will be posted at the entrance to the school and will direct you to the parking area and gymnasium when you arrive (strip maps are attached).

e. **Time.** A Team Captain's meeting will be held at 0900 in the Small Gym where details of the competition will be given, to include demonstrations of standards. An opening ceremony formation will begin at 0930 in the small gym with competition beginning immediately after. An information board will be posted to inform Teams about the sequence of events, locations and standings. The competition will tentatively be complete by 1400.

f. **Registration Fee.** The registration fee for this event will be \$15.00 per team. Please ensure that you complete and return the enclosed registration form with your fee not later than 14 March 2014 (make checks payable to "Coconino H.S. JROTC").

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g. **Lunch.** Parents and cadets will run a snack bar with hot dogs, sodas, etc. available at a very reasonable cost. There are also numerous fast-food establishments and restaurants within 1 mile from the school. "Igloo" ice water will be available for all participants.

h. **Uniform.** Competing teams should wear clothing suitable for the competition. PT clothes with proper footwear for outdoor and indoor events are highly recommended for Raider teams and the appropriate clothing per the CMP rule book for the Marksmanship teams.

i. **Awards.**

(1) Raider Challenge Team Awards: Points will be awarded in each event and point values based on the number of teams entered. For example, if 10 Teams compete, scores from 10 (first Place) to 1 will be awarded to Teams based on how they finished in an event. 1st, 2nd and 3rd Place trophies will be awarded for each of the 6 Raider Challenge events, with one overall winner trophy awarded to the Team earning the highest number of total points. Raider Teams must compete in all 6 events to be eligible for the overall Trophy.

(2) Marksmanship Challenge Awards: 1st, 2nd and 3rd Place trophies will be awarded to the 3 teams earning the highest number of points.

3. **THE COMPETITION.**

a. **Judging:** Judging and scoring will be conducted by cadets from the Northern Arizona University Senior Army ROTC Battalion and/or Military Recruiters. Team Captains and Instructors will be given demonstrations for event standards (Enclosure 1). Challenges may be made by Team Captains only; however, once a decision is rendered by the judges, it will be final. Instructors (with the exception of the Marksmanship event) will not become involved in challenges.

b. **Events, Standards, and Scoring for the Raider Challenge Events:** As already explained, 1st, 2nd and 3rd place trophies will be awarded for each of the 6 Raider events. Following are the events:

(1) **Sit-ups:** Raiders will do as many sit-ups as they are able for 1 minute. One point will be awarded for each correct sit-up IAW FM 21-20 APFT standards (Enclosure 1). Team scores will be determined by the cumulative number of individual repetitions divided by the number of team members.

(2) **Push-ups:** Raiders will do as many push-ups as they can for 1 minute. One point will be awarded for each correct push-up IAW FM 21-20 APFT standards (Enclosure 1). Team scores will be determined by the cumulative number of individual repetitions divided by the number of team members.

(3) **Pull-ups:** Raiders will do as many pull-ups (IAW standards per Enclosure 1) as they are able. The Team score will be determined by the total number of pull-ups divided by the number of Team members. There will be no alternate event for female Raiders.

(4) **440 Relay:** Each Raider will run one lap of the track while carrying a rifle (provided by Coconino/8.5 lbs.) to which there is no standardized method of carrying, then hand-off the rifle to the next team member who will run one lap. All team members will be required to run one lap as explained. The official team time will be when the last Raider crosses the finish line. ***In the event of inclement weather, an "enhanced" Cadet Challenge Shuttle Run (standards located in enclosure 1) will be conducted indoors in its place. "Enhanced" is defined as a longer distance and the official team time will be determined when the last Raider crosses the finish line.***

(5) **Litter Carry:** Two Raiders will shuttle individual Team members one-at-a-time a distance of 50 yards until all team members have crossed the finish line. Teams may determine their own strategies on how best to complete this event. The official team time will be when the last Raider crosses the finish line. (NOTE: This event will be moved indoors in the event of inclement weather)

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(6) **Tug-O-War:** Team winners will be determined by the best 2 out of 3 tugs in each competition. The event will be performed IAW standards located in enclosure 1. Team Captains will draw Team names to determine their competition using a bracket system. (NOTE: This event will be moved indoors in the event of inclement weather)

c. **Standards and Scoring for the Marksmanship Challenge.** The available Senior Army Instructors or the Army Instructors attending will witness and certify the competitors targets. Separate 1st, 2nd, and 3rd Place Trophies will be awarded to winning Teams.

(1) Marksmanship Challenge teams are to be comprised of four (4) cadets and are not to be drawn from the Raider Teams. This provision will allow the ability to conduct both events simultaneously. ***(Note: This is a Sporter Rifle event, and precision air rifles will not be permitted to compete against the Sporter rifle teams).***

(2) The National Standard Three-Position Air Rifle Book, otherwise known as the Bluebook will govern this Sporter Air Rifle match. To download a copy of the rulebook, visit this website: <http://www.odcmp.com/3P.htm>

(3) Course of Fire for this match will be a 3 x 10 competition. Ten (10) shots in each of the three (3) positions fired in the following order: prone, standing, and kneeling in accordance with the CMP rulebook.

4. We look forward to the competition and seeing you all here at Coconino. Feel free to call either MSG(R) Dave Alves or myself at (928) 773-8225/6468, or e-mail us at: tworkman@fud1.org or dalves@fud1.org. if you have any further questions. **Although we ask that we receive your Registration Form (enclosure 2) and fees not later than 14 March 2014, PLEASE CONFIRM YOUR PARTICIPATION AS SOON AS POSSIBLE BY E-MAIL OR TELEPHONE.** Thanks.

- 2 Enclosures
1. Event Standards
2. Registration Form

/-Original Signed-/
TRAVIS L. WORKMAN
Chief Warrant Officer 3, United States Army (Retired)
Senior Army Instructor

Enclosure 1:

Event Standards for Raider Challenge

1. Sit-ups: Raiders will do as many sit-ups as they are able for 1 minute.

(a) Sit-Up Instructions: The sit-up event measures the endurance of the abdominal and hip flexor muscles.

1. On the command "**get set**", assume the starting position by lying on your back with your knees bent at a 90-degree angle. Your feet may be together or up to 12 inches apart. Another person will hold your ankles with the hands only. No other method of bracing or holding the feet is authorized. The heel is the only part of your foot that must stay in contact with the ground. Your fingers must be interlocked behind your head and the backs of your hands must touch the ground. Your arms and elbows need not touch the ground.

2. On the command "**go**", begin raising your upper body forward to, or beyond, the vertical position. The vertical position means that the base of your neck is above the base of your spine. After you have reached or surpassed the vertical position, lower your body until the bottom of your shoulder blades touch the ground. Your head, hands, arms, or elbows do not have to touch the ground. At the end of each repetition, the scorer will state the number of sit-ups you have correctly completed.

3. A repetition will not count if you fail to reach the vertical position, fail to keep your fingers interlocked behind your head, arch or bow your back and raise your buttocks off the ground to raise your upper body, or let your knees exceed a 90-degree angle. If a repetition does not count, the scorer will repeat the number of your last correctly performed sit-up.

4. The up position is the only authorized rest position. If you stop and rest in the down (starting) position, the event will be terminated. As long as you make a continuous physical effort to sit up, the event will not be terminated. You may not use your hands or any other means to pull or push yourself up to the up (resting) position or to hold yourself in the rest position. If you do so, your performance in the event will be terminated. Correct performance is important.

2. Push-ups: Raiders will do as many push-ups as they can for 1 minute.

(a) Push-Up Instructions: "The push-up event measures the endurance of the chest, shoulder, and triceps muscles.

1. On the command '**get set**,' assume the front-leaning rest position by placing your hands where they are comfortable for you. Your feet may be together or up to 12 inches apart. When viewed from the side, your body should form a generally straight line from your shoulders to your ankles.

2. On the command '**go**,' begin the push-up by bending your elbows and lowering your entire body as a single unit until your upper arms are at least parallel to the ground. Then, return to the starting position by raising your entire body until your arms are fully extended. Your body must remain rigid in a generally straight line and move as a unit while performing each repetition. At the end of each repetition, the scorer will state the number of repetitions you have completed correctly. If you fail to keep your body generally straight, to lower your whole body until your upper arms are at least parallel to the ground, or to extend your arms completely, that repetition will not count, and the score will repeat the number of the last correctly performed repetition.

3. If you fail to perform the first 10 push-ups correctly, the scorer will tell you to go to your knees and will explain to you what your mistakes are. You will then be sent to the end of the line to be retested. After the first 10 push-ups have been performed and counted, however, no restarts are allowed. The test will continue, and any incorrectly performed push-ups will not be counted. An altered, front-leaning rest position is the only authorized rest position. That is, you may sag in the middle or flex your back. When flexing your back, you may bend your knees, but not to such an extent that you are supporting most of your body weight with your legs. If this occurs, your performance will be terminated. You must return to, and pause in, the correct starting position before continuing. If you rest on the ground or raise either hand or foot from the ground, your performance will be terminated. You may reposition your hands and/or feet during the event as long as they remain in contact with the ground at all times. Correct performance is important.

3. Pull-up Standards: A horizontal bar will be used for this event.

(a) Pull-up Event Instructions: Cadets will begin the pull-up event from the dead-hang (arms fully extended) position. ***There will be 2 graders for the event.***

1. Cadets will pull themselves up until their chin's are above the bar, at that time one grader will count the repetition. They will then lower themselves until their arms are fully extended. The second pull-up grader will then say "Up" letting the cadet know their arms are fully extended and they may begin pulling themselves up for the next repetition.

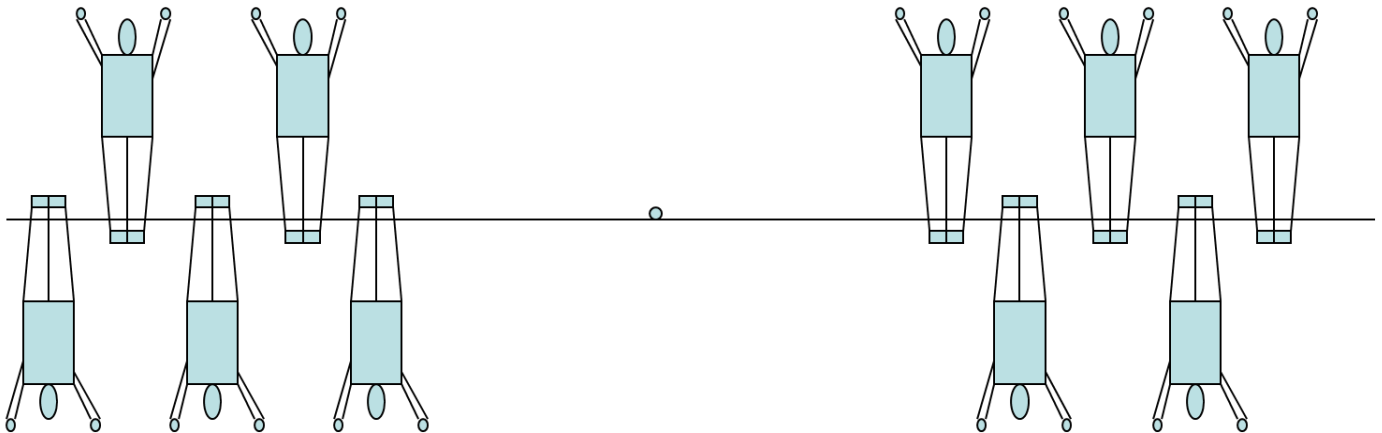
2. Hands will be placed on the bar with both palms facing the same direction (either palms facing out (pull-ups), or both palms facing in (chin-ups). Cadets may change between the two styles while at the dead-hang position.

3. There will not be an alternate event for cadets unable to complete pull-ups.

4. ENHANCED CADET CHALLENGE RUN (indoors): This event will be completed in the CHS small gym and will be the alternate event for the 440 relay during bad weather conditions.

(a) Shuttle Run Instructions: In relay style, Raiders will run individually to a line approximately 15 yards from the starting point (line), retrieve a small wood block, return to the start point, run back to the line where the block was located and again place it on the floor, and return to the starting point (line). Once the Raider crosses the Start Point line the second time the next Raider on the Team repeats the process. The official time for this event will be recorded when the last Raider has crossed the finish line. **CONFUSED? WE WILL DEMONSTRATE THIS EVENT SHOULD THE NEED ARISE!**

5. Tug of War: Start position for the Tug-of-War will be the prone (push-up) position with every other person facing the opposite direction and lower portion of each person's legs directly over the rope. ***See Depiction below:***





COCONINO ARMY JROTC
"The Panther Battalion"

COCONINO RAIDER and MARKSMANSHIP CHALLENGE

REGISTRATION FORM

High School: _____

Point of Contact Information **Name:** _____

Telephone #: _____

E-Mail: _____

Teams you will be entering (circle one):

1 Raider Team 2 Raider Teams Marksmanship Challenge Team

Registration Fees: Per Team = \$15.00

Amount Enclosed: \$ _____ (Please make checks payable to "CHS JROTC")

**If there are any questions please contact CW3(R) Travis Workman:
tworkman@fUSD1.org or MSG(R) Dave Alves: Dalves@fUSD1.org**

**PLEASE RETURN THIS FORM, WITH PAYMENT NO LATER THAN 14
MARCH 2014. To the following address:**

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