



**DEPARTMENT OF THE ARMY
DEPARTMENT OF MILITARY SCIENCE
SETON HALL UNIVERSITY
400 SOUTH ORANGE AVENUE
SOUTH ORANGE, NEW JERSEY 07079-2681**

10 June 2019

To our Incoming Cadets:

Welcome to the Pirate Battalion! Joining our program is the first step down the path toward commissioning as a lieutenant in the U.S. Army. It's an amazing job, and thanks to the remarkable group of cadets you are about to join, the process of getting there is truly a fun and inspiring journey. We have a distinguished history among Reserve Officers' Training Corps (ROTC) battalions, and you are fortunate to be joining one of the best. Your cadet leaders and our dedicated cadre will push you to excel, and you will be a better person at the end of your four years.

I invite you to attend our New Cadet Orientation (NCO) Week from Tuesday, August 20th to Thursday August 22nd at the Seton Hall University campus. Our battalion consists of students from many colleges and universities throughout northern New Jersey, and most of our training takes place at Seton Hall University. During NCO Week, you will learn fundamental information about the battalion and the Army, receive military equipment, and meet your instructors and fellow cadets. This letter contains information about physical training. Please let us know if you cannot attend.

Though only one aspect of your development as a cadet, physical fitness is imperative to your success as a future officer. Being physically fit allows cadets and officers to effectively think clearly under stressful conditions and lead through adversity. Our cadre will evaluate your fitness through the Army Physical Fitness Test (APFT), which consists of two minutes of push-ups, two minutes of sit-ups, and a two-mile run. Reporting to the program in good physical shape will only assist you in adapting to the ROTC program.

Please contact Ms. Gladden at 973-761-9446 or angella.gladden@shu.edu to notify us of your attendance at NCO Week so we can prepare for your arrival. We welcome and encourage your parents to attend on Tuesday, August 20th for the Welcome Brief. They may find the information useful, and you will all have the opportunity to speak with me and our team of cadre who look forward to seeing you succeed.

Sincerely,

Brad Henry
Major (P), U.S. Army
Professor of Military Science

Encl:
Army Physical Fitness Test Info
Medical Fitness Statement

MODIFIED ARMY PHYSICAL FITNESS TEST (APFT) STANDARD

The test includes three events (push-ups, sit-ups, and 1-mile run) and is always done in that same sequence with 5-10 minutes rest between each event. It is a difficult test that, regardless of your athletic background, you must specifically train for in order to pass as it tests each area of physical fitness (muscle endurance, strength, cardiovascular endurance). Here are the general standards for each event with traditional problem areas.

Push-Ups:

Standards: Body must remain in a generally straight line with feet no more than 12 inches apart. Lower the body until your upper arms are parallel to the ground (elbow at a 90-degree angle). Complete the repetition by pushing up with the arms until the arms are fully extended (elbows locked). You may rest during the push-up event by sagging or arching the back, but you may not lift your hands or feet off the ground (although you can slide them back and forth on the ground to reposition them).

Problem Areas: Not going down far enough, hanging one's head down during the push-up, which restricts range of motion, not fully extending the arms when going to the "up" position, or not keeping your back straight.

Recommendations for success: Lifting weights for endurance (high repetitions - about 15). Although bench presses most closely replicate the push-up movement, I recommend lifting with the entire upper body (chest, arms, back, shoulders), as the push-up uses all of these muscles. Also, work the entire range of motion for the push-up (all the way to the ground). Don't perform the "down" portion of the repetition slowly, causing your muscles to do unnecessary work. Let gravity work for you during the "down" part of the repetition!

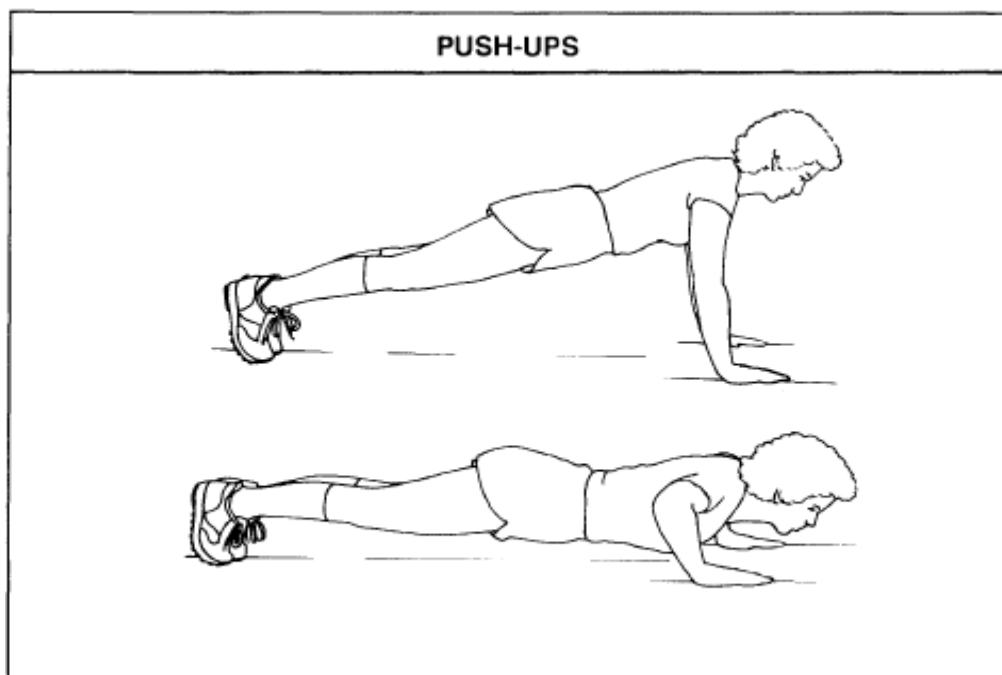


Figure 14-3

Sit-Ups:

Standards: Perform the sit-up with fingers interlocked behind the head and knees at a 90-degree angle. You must raise your upper body until the base of your neck is in-line with the base of your spine (a vertical line perpendicular to the ground made by the base of your spine and neck). You must lower yourself until your shoulder blades touch the ground. Your buttocks cannot come off the ground to assist your movement. You may rest during the event, but only in the “up” position.

Problem Areas: Fingers coming apart or sliding to the top of the head, buttocks leaving the ground, or not going up far enough to reach the vertical position.

Recommendation for success: Do not practice only sit-ups, but all types of abdominal exercises with varying resistance (knee ups with weights, elevated sit-ups, crunches, etc.). I also recommend lifting weights with your legs (high rep squats, lunges, etc.). This will strengthen your quads and hip flexors, which become fatigued with sit-ups.

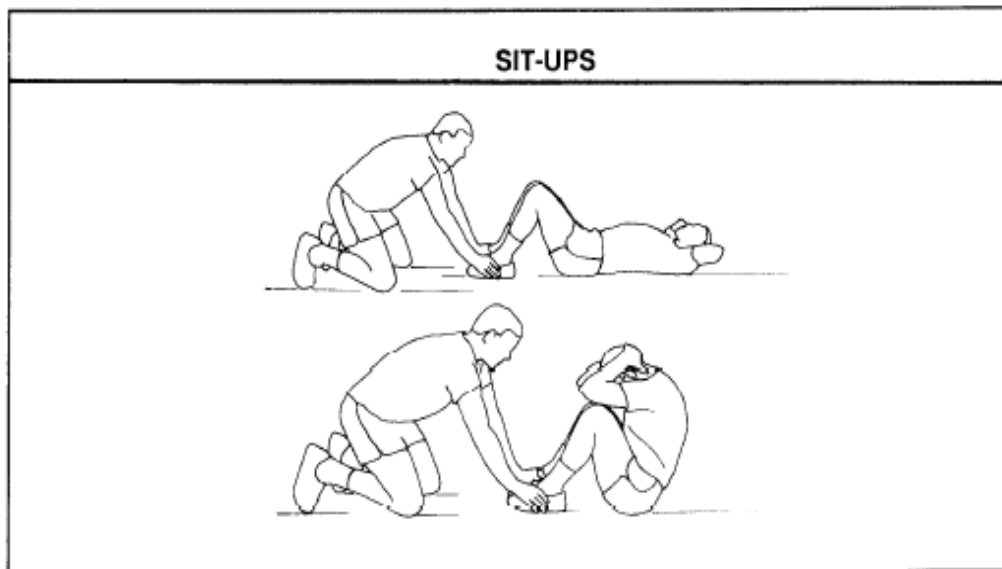


Figure 14-5

1-Mile Run:

Standards: Run 1 mile as fast as you can to assess your cardio.

Problem Areas: Poor cardio fitness. Upper body already fatigued from push-ups and sit-ups affects the run. Hip flexors and quadriceps already fatigued from sit-ups affects the run.

Recommendations for success: Run 3-5 times a week to include long distance runs (at least 45 minutes), fast medium runs (around 20-30 minutes), and intervals. Certainly focus on intervals as the 2 mile run is an anaerobic activity! Also, during your work-outs, work your upper body and abs BEFORE you run, so your body is used to running with a fatigued upper-body. Here is a link to a sample work-out for your use: <http://www.physicallytrained.com/info/apft-conditioning-program.shtml>.

<p style="text-align: center;">MEDICAL FITNESS STATEMENT FOR ENROLLMENT IN BASIC COURSE, SENIOR ROTC For use of this form, see AR 145-1; the proponent agency is ODSCPER</p>	<p>DATE</p>
<p>I have examined _____ and find no medical (First Name - Middle Initial - Last Name) condition or physical impairment that precludes his participation in the basic course, Army ROTC, a program not more physically strenuous than a normal college physical education program.</p>	
<p>SIGNATURE OF PHYSICIAN</p>	

REQUIREMENTS FOR ROTC ENROLLMENT

- **Non-Matriculated Students Form** – If you are a cross-enrolled student (**non-SHU student**), please fill out this form. If you are a SHU student, do not fill out this form.
- **DA Form 3425 Medical Fitness Statement.** You must have a physical exam. This form must be signed and stamped, with legible contact information, by your physician to ensure that no health issues are evident.

The following personal documents are required:

- your **original birth certificate** (alien registration card or naturalization paperwork, if you were born overseas). We will make a copy and return your original to you.
- your **original SS card** (or passport). We will make a copy and return your original to you.
- an **official** raised seal copy of your **high school transcript** and your SAT or ACT scores. (arrange this with your guidance counselor.)
- or an unofficial or web copy of your **college transcript**.

ROTC Parking Pass Request (non-SHU students)

Seton Hall University is a pay-parking campus. In order to get a parking pass for ROTC classes, come to the ROTC office, fill out a form with the information indicated below.

- **Fill in:** your name, school name and id number, the make, model, color license plate number, state of the license plate of your vehicle.
- **Bring:** your academic school id card to Ms. Gladden to scan. Or scan the front and back of your id card and email it to Ms. Gladden.

Calendar of Events (from the ROTC website: <http://www.shu.edu/offices/rotc/>)

- **July 15 through August 2 - ROTC New Cadet Enrollment** – Students new to the ROTC program call the ROTC office at (973) 761-9446 to confirm an appointment to begin the enrollment process.
- **August 20-22 - New Cadet Orientation (NCO) Week.** An introduction to the ROTC program for new cadets entering the Pirate Battalion to introduce them to the Army's customs, courtesies and values. Parents are invited to attend the Welcome Brief on Tuesday, August 20, in the Jubilee Hall Auditorium at noon.

If you have questions or concerns, please feel free to call Ms. Gladden in the ROTC Office at (973) 761-9446.

Please be sure to call for your enrollment processing appointment, and to confirm your attendance during NCO week.