BATTLER BOOK

(A.K.A. THE B-1 BIBLE)

2026-2027

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First Platoon Leader: Mr. Suarez ‘27

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Company First Sergeant: Mr. Dente ‘28

TABLE OF CONTENTS

1. PURPOSE....4
2. WHO WE ARE....4
2.1. UNIT HISTORY....4
2.2. MOTTOS....5
"Numquam Proeliatores Morientur" – "Battlers Never Die"....5
"Like Hell We Can't"....5
2.3. FALLEN BATTLERS....5
1st Lt. Jonathon David Rozier:....6
CPT. Todd Tyler Christmas....6
3. COMMAND PHILOSOPHY....6
3.1. GOALS AND MISSION ESSENTIAL TASK LIST (METL)....7
3.2. VALUES....8
4. COMPANY OPERATIONAL INFORMATION....9
4.1 MERIT/DEMERIT LIST 9
4.2. FORMATION PROCEDURES....9
Purpose of Formation....9
Formation Behavior....10
4.3. EVENING STUDY TIME....12
Purpose:....12
Company B-1 Specific EST Guidelines....12
4.4. COUNSELING POLICY....13
Intent....13
Cadets Responsible for Conducting Counseling Sessions....13
Counseling Guidance and the Types of Counselings....14
Initial Counselings, Mid-cycle Counselings, End-of-Cycle Counselings:....15
4.5. MILITARY LETTERS....16
4.6. SICKNESS AND INJURY....17
General/Common Injury Procedures:....17
Sudden Injury/Illness....17
4.7. ALCOHOL POLICY....17
4.8. ATTENDANCE POLICY....18
4.9. GUARD ROOM DUTY....18
4.10. OUTFIT TRADITION BEHAVIOR....19
5. CLASS EXPECTATIONS....19

5.1. CLASS RESTRICTIONS/PRIVILEGES CHART....19
5.2. FISH....20
5.2.1. Fish Mentality/Expectations....20
5.2.2. Fish Behaviors....21
5.2.3. Blowing Call....24
5.2.4. Privileges....24
5.2.5. Fish Hole SOP....25
5.2.6. Duncan Dining Hall Procedures....32
5.3. PISSHEAD....35
5.3.1. Pisshead Mentality/Expectations....35
5.3.2. Pisshead Hole Standards....36
5.3.3. Pisshead Test....37
5.3.4. Training Times....37
5.3.5. PT Modules....38
5.3.6. Chow Procedures....44
5.3.7. Verbiage for Corrections....46
5.4. WHITEBELTS....50
5.4.1. Room Policy....50
5.4.2. Expectations....50

1. PURPOSE

This document defines our organization's identity, operations, and goals for the current school year. While it includes new guidance specific to this year, it primarily consolidates information from previous commanders' writings. By compiling all relevant information in one location, cadets will have easy access to procedures and expectations for themselves and their superiors, promoting outfit accountability. This document will be continuously updated and refined throughout the year.

2. WHO WE ARE

2.1. UNIT HISTORY

Initially begun as Company B Infantry in January 1877, it was the second outfit to be formed in the Corps. Upon a reorganization of the Corps in May 1959 and the establishment of the policy of grouping persons of similar majors together in an outfit, Company B-1 was formed from B Infantry and C Armor. This company is one of the oldest and most respected outfits in the Corps.

At first the outfit was entirely pre-vet; however, it eventually evolved into an outfit encompassing all majors in the College of Agriculture. B-1 eventually began accepting engineering and business majors, but the emphasis was on agriculture.

After being in First Battalion for 100 years, it was moved to 2nd Battalion in 1976-1977, and then returned to First Battalion in 1997-1998. Battlin’ B, as Company B-1 was named, was disbanded after 110 years in 1987-88.

In 1996-1997 it was reactivated with a new logo, a battling Viking. But in 1999 it returned to its old logo. The cadets dubbed the reactivated B-1, “Battlin’ B”, the outfit’s former moniker.

2.2. MOTTOS

"Numquam Proeliatores Morientur" – "Battlers Never Die"

This motto encapsulates the enduring spirit of our outfit, speaking to our resilience in adversity and our unwavering commitment to persevere. It signifies that our values and traditions transcend individual lifetimes, living on through our actions and influence. As battlers, we create a legacy that inspires future generations, embodying courage and determination in all we do. We have a fighting spirit that doesn't just survive; it thrives, leaving a lasting mark on our community and beyond. "Battlers Never Die" is more than a statement of endurance – it's a testament to our eternal impact. In the face of any challenge, battlers never falter, never fail, and indeed, never die.

"Like Hell We Can't"

We defy obstacles and limitations. We refuse to accept defeat or condone mediocrity. We push boundaries, exceed expectations, and relentlessly strive for excellence.

"First of The Old, Best of The New"

We push ourselves to live up to the expectations set from our predecessors as well as the ones set in the present. The outfits' rich history makes us unique and sets us apart from other outfits, holding us to a higher standard.

2.3. FALLEN BATTLERS

These campusologies were written by Garrett Mongomery '06 and Jim Wilson '05. Here is the reminder Mongomery wrote along with them.

> *"This is a campo Jim and I came up with that we taught the Fish 2nd Semester. It is important to keep these guys alive in the outfit. Jim and I represented B-1 at Todd's funeral…it is a scary feeling knowing that your buddies, upperclassmen, underclassmen or you could pass away soon and unexpectedly. I organized the hallway memorials along with Jesse Cherry '01 (for Jon's) – PLEASE take care of them.*
>
> *'All gave some, some gave all.'*
>
> *BND [Battlers Never Die],*
> *GM '06"*

1st Lt. Jonathon David Rozier:

1st Lt. Jonathon David Rozier, Class of 2001, (July 16, 1978 – July 19, 2003) was killed by a Rocket Propelled Grenade while serving in Operation Iraqi Freedom with the 3rd Brigade Combat Team of the First Armored Division. Lieutenant Rozier was awarded the Bronze Star for valor during the Battle of Al Hillah. Of the 4,000 Bronze Stars that were awarded at that time, only 15 had been given for valor.

CPT. Todd Tyler Christmas

CPT. Todd Tyler Christmas, Class of 2000, (March 8, 1978 – November 29, 2004) an Operation Iraqi Freedom veteran with the 1st Battalion, 44th Air Defense Artillery Regiment was killed with 6 other soldiers when their Blackhawk helicopter crashed after hitting transmission tower support wires because of dense fog 30 miles North East of Ft. Hood, Texas.

"Numqual Proeliatores Morientur"

3. COMMAND PHILOSOPHY

"Leadership is not about being in charge. It is about taking care of those in your charge." – Simon Sinek

Company B-1 has over a century-long legacy to uphold. Throughout the 2026-2027 school year, empowering leaders to lead by example is paramount. The company will instill a culture where leaders and followers alike strive to exceed high standards, fostering a commitment to personal discipline, academic excellence, and physical fitness. By setting the example in all facets of life, B-1 cultivates individuals prepared for success, not only in their military careers but also in their civilian pursuits, ensuring they are equipped to inspire and guide others effectively.

1. **The Chain of Command: Mission First, People Always**– Plain and simple: accomplish the task assigned to you, communicate all the way down the chain, fulfill all the needs of your direct subordinates according to the chain of command, and get everyone in the chain of command involved. By holding a position in this outfit you have a duty to the people underneath you to keep them informed and watch for their well-being, and all upperclassmen, regardless of their title or rank, have a responsibility both to the underclassmen and the outfit as a whole.
2. **Continuous improvement everyday -** The corps of cadets is a leadership lab as we say. I believe that the whole reason the corps was created is to help people find themselves as

leaders and work through flaws. The goal should simply be to improve continuously and never be satisfied with the positions you're currently in. This is my leadership philosophy and it's the angle I want the outfit to take for this year.

3. **Compliance with the Standard Provides Training Freedom**– We will succeed in upholding the bare minimum standard of cadet life.

4. **Maintain a Professional Environment Conducive to Leadership Development** – Everyone will contribute to building an environment that allows individuals to grow. Accountability is non-negotiable; upperclassmen are held to the same high standards as freshmen.

5. **Legacy and Community** – B-1's century-long legacy should drive us to cultivate a supportive environment that honors our past while developing resilient leaders, allowing us to maintain high standards and tackle challenges as a unit. During this year, we will spend more time delving into our history and encouraging community within the outfit and with former Battlers.

3.1. GOALS AND MISSION ESSENTIAL TASK LIST (METL)

Mission: Company B-1 will uphold the highest standards of discipline, performance, and camaraderie to build a foundation that future generations will be proud to follow.

Vision: To inspire individuals to continuously improve themselves and the outfit by providing purpose, direction, and motivation while developing a cohesive outfit that can discover their personal leadership philosophy while investing in another cadet's purpose and goals.

1. **Academics** – School comes first.
    a. Company GPA of 3.3 for Fall and Spring Semesters.
    b. Maintain top 3 rank in grades and have all classes in the top 10 of the Corps
    c. No cadets on academic probation after Fall semester
    d. No EST violations

2. **Recruiting and Retention** – We must recruit and maintain the cadets we need for the legacy we want to continue in Company B-1.
    a. Retain 85% of the '30 freshmen class
    b. Recruit 25 fish for the class of 2031
    c. Ensure all prospective recruits are contacted on time by cadets.

3. **Military Proficiency** – In the past, Company B-1 has struggled with military bearing at formations, reviews, and march-ins. This will not continue.

a. Achieve top 15 rankings in reviews for marching
b. Limit MPI cuts to no more than 5
c. Target a 75% average attendance rate for formations

4. **Physical Fitness/Athletics** – As cadets at a senior military college, there are expectations of physical fitness we must meet.

    a. Every member passing CPFT by the end of the Fall semester
    b. 90% of the outfit above 270/430 on PFT/AFT

5. **Legacy and community support** – We have a rich history that should be fully integrated into the B-1 cadet experience. Among current cadets, community and camaraderie should be encouraged.

    a. Continue to have 2 memorial workouts (shadow box and fallen battler)
    b. Emphasize outfit history within the first 2 weeks of school to all
    c. 85% attendance to outfit BBQ
    d. Finalize alumni network foundation

6. **Increase outfit bonding** - This has been a weak point I have noticed ever since sophomore year. The outfit simply has very low morale and it affects how people train and participate in events.

    a. Hold one platoon competition a month
    b. Hold two Army SI sessions a month
    c. Build a merit system awarding those who do well

3.2. VALUES

Commander's Note: Leadership is a choice, not a request. Those who step into leadership roles do so willingly, and it is their responsibility to embody the actions and values expected of a leader. Accepting a leadership position without fulfilling its demands is a disservice to oneself, the outfit, and the Corps as a whole. From freshmen to seniors, every cadet should strive for continuous improvement, understanding that hypocrisy undermines the cohesion and success of an outfit. The ultimate goal must always be to train and develop each cadet to the best of our ability. By doing so, we honor the heart of tradition while ensuring a steady and meaningful course for the growth of our cadets and the future of the Corps.

Honor*:* An unwavering commitment to sound moral values and strong character.

Integrity*:* The honesty and moral courage to always defend and do what is right.

Discipline: Striving for excellence by holding yourself and others accountable to a higher standard.

Courage: The ability to face fear, danger, or adversity; both physical and moral courage

Respect: Maintaining an environment that ensures all persons are treated with fairness and dignity.

Selfless Service: The desire and ability to put others before self, making personal sacrifices to better the Corps of Cadets, the University, the State, and the Nation.

4. COMPANY OPERATIONAL INFORMATION

4.1 MERIT/DEMERIT LIST

https://docs.google.com/spreadsheets/d/1gO5oZpzuYxWOB7Jz1AhdJOJjAPdKm2QCPUao2Z8SQ_w/edit?usp=sharing

Above is the Merit/Demerit standard that outlines the discipline and rewards cadets will receive. The purpose of this document is to set standards increasing shared understanding.

4.2 FORMATION PROCEDURES

"Discipline is the soul of an army. It makes small numbers formidable; procures success to the weak, esteem to all."

-GEORGE WASHINGTON

Purpose of Formation

- To build unit cohesion and esprit de corps.
- To maintain continuous accountability and control of personnel.
- To provide frequent opportunities to observe the appearance and readiness of the uniforms, arms, and equipment of the individual cadet.
- To keep the individual cadet informed by providing the means to pass the word.

- To develop command presence in unit leaders.
- To instill and maintain high standards of military bearing and appearance in units and in the individual Cadet
- To add color and dignity to the daily routine by reinforcing the traditions of excellence associated with close order drill
- To pay respect and honors to the flag and country during morning and evening ceremonies

Formation Behavior

- The 1SG will push out a first call/fall out time for the outfit using Microsoft Teams, typically sent out at least 2 hours in advance
    - This time is typically 10-15 minutes before the Corps of Cadets' NLT time
    - If a *first call* time is pushed out, freshmen WILL blow call
    - If a *fall out* time is pushed out, freshmen WILL NOT blow call
    - Encourages an attention to detail
- Freshmen will congregate in the fall out hole at least 10 minutes before first call/fall out time to check over each other's uniform and knowledge
    - Encourages buddy accountability and unity
- Upperclassmen will fall out in the hallway at least 5 minutes before first call/fall out time
    - Allows for PLT SGS/1SG to begin accountability
    - Allows for quick company movement to our next location
    - Allows for opportunity to lead by example
    - Upperclassmen will receive discipline for a continual failure to be in the hallway before first call/fall out time
- Once freshmen fall out into the hallway, upperclassmen (primarily sophomores with oversight from whitebelts) will begin correcting and instructing
- PLT SGS/1SG will obtain full accountability of personnel during congregation in hallway

- Approximately 7 minutes before Corps' NLT time, 1SG will call "Heads, roll," and sophomores will cease instruction head outside to the designated company formation location
    - Whitebelts may choose to utilize this time without sophomores to good bull with freshmen
- Approximately 4 minutes before the Corps' NLT time, 1SG will call "Upperclassmen, fall out," and all upperclassmen except for the CO and 1SG will go outside to the designated company formation location
- Once all upperclassmen have left the hallway, the CO may use this time to give any short communication, insight or motivation to the freshmen class
- At the CO's directive, the 1SG will instruct the freshmen in a facing movement then give the command "forward march"
- When falling out for formation, freshmen will Wildcat with arms straight, fully extended above the head all the way to the designated outfit formation location
- At the formation location, freshmen will form three columns centered to the left and oriented off of the company in front of us (typically Company A-2)
- Freshmen will continue to sound off and wildcat until told to rest by a whitebelt, typically the 1SG or CO
- After the command of "rest," freshmen will immediately pop to dress-right-dress, obtain correct spacing, and pop back to attention
- If permitted by the Corps Commander/Brigade Commander, once outside correction of freshmen may continue and physical correction in the form of a "class set" of pushups may be utilized
    - Pushups are only permitted when in Class Bravos or below
    - Upperclassmen must push with the freshmen
    - Any upperclassmen may drop any individual freshmen
    - If dropping more than freshmen, all individuals being dropped must be within the upperclassman's direct chain of command (i.e. SL can only drop their squad, PSG can only drop their PLT, and only the CO/1SG may drop the entire block)

- Immediately preceding the BN SGM's command of "Battalion, fall in," the 1SG will call for the company to fall in
    - Juniors will form the "butt line" as the furthest right column
    - Seniors will be in the front
    - Guidon will be at the front
    - Jouine Award Flag Bearer will be at the front
- 1SG will give an accountability report to the BN SGM
- 1SG will salute and give command of the block to the CO
- The Corps of Cadets will pay respect to the colors

4.1. EVENING STUDY TIME

Purpose:

The purpose of Evening Study Time (EST) is to maintain an appropriate scholastic environment for cadets in B-1. This last year we did well academically, however, our EST check scores hampered our standing within the Corps of Cadets for academics.

EST provides cadets an opportunity to study when and where they desire on campus (within reason as approved by CO/XO and SOD) to achieve the best results possible. We understand making cadets sit and study at their desk for a set amount of time during a set period of the evening is not always conducive for academic success. With EST, cadets determine when they will study/rest and how much time they need to devote to their studies.

Consult *The Standard* for more thorough information about the Corps of Cadets' purpose, intent and guidelines for EST.

Company B-1 Specific EST Guidelines

- Unless sleeping or actively changing freshmen must keep a boot in their door during EST
- Freshmen must sign out with the Sergeant of the Day (SOD) if intending to leave the hallway
- It is the responsibility of the scholastics sergeant to create a SOD schedule for his/her buddy class and ensure a SOD is sitting at all times during EST

- The SOD should have accountability of all freshmen at all times
- It is up to the discretion of the SOD as to whether or not the lights of the hallway remain on or off
- Especially first semester, a semblance of an EST environment should be kept, with a quieter hallway
    - Noise is understandable, keep it at the ends of the hallway

4.2. COUNSELING POLICY

Intent

Counseling is one of the most important leadership responsibilities. The purpose is to get to know your subordinates and ensure they are well-prepared and equipped to fulfill their responsibilities as a cadet and student. Counselings enable our cadets to identify obstacles that may be in the way of an individual's success OR our unit's success.

Cadets Responsible for Conducting Counseling Sessions

Any cadet may counsel and discipline any of their subordinates as outlined in the Standard, and cadets who are responsible for a group of cadets (i.e., a CO is responsible for the outfit) are responsible for making sure that all of their subordinates are appropriately counseled. However, cadets should be counseled by their most direct superior in the chain of command or chain of communication.

The positions and the cases for which the leader is responsible for counseling are as follows:

- **Fire Team Leaders:** Freshmen cadets within their Fire Team
- **Squad Leader:** Fire Team Leaders and Assistant Fire Team Leaders
- **Platoon Sergeant:** Squad Leaders and any junior cadets not counseled by chain officers
- **Platoon Leader:** Platoon Sergeant and any senior cadets not counseled by executive officer
- **Executive Officer:** All chain officers
- **Chain Officers:** All chain sergeants
- **Commander:** Executive officer, platoon leaders, first sergeant

Counseling Guidance and the Types of Counselings

Prior to the counseling session, upperclassmen cadets will fill out the appropriate counseling. Your chain of command will share with you the appropriate folder in which you are to upload your counselings.

- **Initial Counseling (1 mandatory session):** Completed NLT the second week of the semester start
    - Initial counseling is used to reflect on past performance (in the case of upperclassmen), list new responsibilities, and set goals and expectations for the coming semester
    - Freshmen initial counselings must be done in the Brass Books
        - FTLs should begin keeping either a physical or digital copy of their freshmen's brass books from the start of the year
    - Upperclassmen will also utilize the Leadership Development Books (Upperclassmen Brass Books also available in the Counseling folder)

- **Developmental Counseling (2 mandatory sessions):** In the fall, mid-cycle counselings shall be completed between the start of Corps Brass and two weeks before Corps Brass culmination. End-of-cycle counselings should be completed NLT the week before Corps Brass culmination.
    - Developmental counseling is used to give meaningful feedback to cadets about their performance within their leadership roles and general cadet duties. Include sections to review expectations that were set, describe positive and negative actions observed, evaluate the cadet's performance traits, and outline a plan of action for future development
        - All cadets must utilize the Corps Leadership Development Books for their belt color

- **Recurring Counselings:** Weekly counselings are to be conducted by FTLs of their freshmen. To ensure a bare minimum is being met with regards to tracking

freshmen' well-being, the weekly counseling forms located in the Counseling Google Drive folder should be completed and utilized. It should be noted, however, that these weekly counseling forms are not meant to be restrictive or all-inclusive, rather a guideline.

Upperclassmen weekly counselings will be done as indicated below:
Once every 1 week counselings

- SL Counsels TLs
- TLs Counsels ATLs

Once every 4 weeks counselings

- PSG Counsels SL
- SL Counsels ASL
- PL Counsels PSG
- XO Counsels Chain Officers

Monthly

- CO Counsels PL & XO
- BUC Counsels CO

Upperclassmen will utilize the "Cadet Recurring Counseling and Leadership Assessment" form and the Leadership Development Cards (both found in the Counseling Folder) for their recurring counselings. The purpose of this is to require leaders to be engaged with their subordinates and provide feedback that assists in leadership development.

- **Incidental Counselings (as necessary):** Incidental counselings are used as needed to document any favorable or unacceptable actions of a subordinate. Incidental counselings should occur promptly after the incident. In the case of disciplinary incidents, the counseling should include what happened, how it was unacceptable, how the cadet needs to change their behavior, and any resultant disciplinary actions being taken. Clear records of disciplinary counseling are

required for a cadet to be charged by the Cadet Performance Review Board. It is also highly recommended and equally important that subordinates who perform well are counseled by their direct superiors so that they are aware of the excellent work they are doing.

While these methods constitute the ways a cadet can be formally counseled, it is important to also note that informal counseling is an essential part of a cadet's leadership development and will constitute the majority of the feedback a cadet receives. Informal counseling is generally on-the-spot by word of mouth and can be used to correct negative behaviors, encourage positive ones, or make minor performance-related corrections.

Initial Counselings, Mid-cycle Counselings, End-of-Cycle Counselings:

- Conducted in accordance with the Standard
- Initial, mid cycle and end-of-cycle counselings must be done in the Brass Books
    - Leaders should begin keeping either a physical or digital copy of their subordinates' brass books from the start of the year

4.3. MILITARY LETTERS

Below are guidelines for common military letters. Your letter will likely be rejected if not written in the proper format. This does not include all information which may be required depending on each individual case. Be sure to notify your chain of command of all content within military letters. Reference examples in the Standard for who to send letters to. Use templates on Assembly when possible. Write all military letters at least 72 hours in advance.
UNIFORM DEVIATION

Recipients: IG Officer, BNIGO, OA

Subject: Permission to Deviate from UOD

Request: I am requesting permission to wear [Insert uniform] on [date/time]

Reason: Explain why you need to wear the alternate uniform

Attachment(s): Class Schedule

LEAVING COLLEGE STATION

Recipients: 1SG, CO

Subject: Permission to go to [Location] from [Dates]

Request: I am requesting permission to depart at [Date/time] and return [Date/time]. Explain what (if any) classes and corps activities will be missed; include people traveling with you, address of where you are going, and vehicle description

Reason: Why you are going

Attachment(s): Itinerary, route

MISS REQUIRED CORPS EVENT

Recipients: 1SG, CO, MUC, CC: SGTMAJ, OA

Subject: Request permission to miss [Event name] on [Event date]

Request: Requesting permission to miss [event] on [event date]

Reason: Reason you are missing event (i.e. class, work)

Attachment(s): Proof of conflicting event

4.4. SICKNESS AND INJURY

General/Common Injury Procedures:

All cadets must obtain a copy of their profile excusing them from physical activity. Simply stating that a profile has been obtained without providing a copy will not be accepted. In that case, the cadet will be required to perform physical activity as usual if no proof of exemption can be presented (unless the cadet is obviously injured or ill. Continue reading for procedures on this). *Copies should list exercise exemptions and the date of release from these exemptions.*

This copy will be both sent up through the chain of command and through the training chain of command (so that all members of that chain of command and training chain are aware of a particular cadet's situation) and uploaded onto Healthy Roster. *It is imperative that all profiles are sent up the chain of command and uploaded to Healthy Roster as quickly as possible.*

Hard copies will be posted on the outside of the cadet's door.

Once a cadet obtains a profile, they will be counseled by their chain of command in order to set

clear expectations and cultivate shared understanding throughout the company.

Sudden Injury/Illness

There will be times when a cadet is obviously injured or ill but does not have a profile yet. They may be allowed to miss formation and/or training time if deemed appropriate, *but must obtain a profile within 48 hours of the missed Corps activity.* To report a sudden injury/illness for the purpose of missing a Corps activity, they must inform their chain of command

4.5. ALCOHOL POLICY

As a cadet in Company B-1, you agree to abide by the following alcohol policy

1. B-1 whitebelt cadets of legal age are permitted to consume alcohol at their leisure
2. Alcohol may be present and stored in a room where **one or more** inhabitants are of legal age
3. If you are EVER under the influence and need a ride DO NOT HESITATE to call (610)-637-2375 (XO) / (334)-400-2844 (CO) or someone else in the outfit that is NOT a fish
4. **If consumption of alcohol is inhibiting participation in any outfit activities discipline will be issued**.
5. NO DRINKING WITH FISH

4.6. ATTENDANCE POLICY

All cadets are required to attend all formations, company and corps activities, other than for a scholastic or work related excuse or an emergency.

- All cadets must sign out of formation at least a week prior to the event with their chain of command and a Military Letter
- They must inform their chain of command of the event they will be missing and why and have this excuse approved by their PSG
- Anyone going out of town, during the week or on a weekend when something has been planned, will need a military letter sent up and approved at least 72 hours in advance. The cadet will still need to sign out of any events they may be missing a week in advance.
- All activities are posted on the B-1 Battle Board and will be posted in the corps calendar

- It is the job of the individual cadet to sign out and confirm approval to miss any routine Company activity (i.e., training times, formations, ect.)
- Discipline will be issued for any failure to attend a corps event without a legitimate approved excuse (RAMS, extra guardroom shifts, sitting SOD, ect.)

4.7. GUARD ROOM DUTY

Typically the outfit will serve on guard room duty at least twice a semester. The Company XO is the officer on duty, in charge of planning and organizing the outfit's guardroom schedule.

- Cadets are expected to serve at least two hours every time the outfit has guard room duty
- Extra guard duty will be determined by one of two requirements:
    - Your class is short-handed and needs extra hours from people
    - As a means of discipline - typically for whitebelts who consistently have their rooms in gross disorder or have failed to attend required Corps events

4.8. OUTFIT TRADITION BEHAVIOR

This section will be updated throughout the year as we approach events and traditions that require additional guidance (ex. Brass, guidon candidacy, ect)

4.8.1. Brass Guidance

Follow hyperlink or go here: http://tiny.cc/B1BG

5. CLASS EXPECTATIONS

5.1. CLASS RESTRICTIONS/PRIVILEGES CHART

See The Cadence (Chapter 8, Section 4) for more information regarding responsibilities and privileges.

Privilege	*fish*	*Pissheads*	*Butts*	*Zips*

Second semester 4x4 haircuts	x			
Walk freely in hallway		x	x	x
Have shirt untucked in hallway		x	x	x
Roll Sleeves in PT Gear		x	x	x
Call “rest”			x	x
2 layers on feet in hallway	x	x	x	x
1 layer on feet in hallway (except shower gear)			x	x
Able to have untucked shoelaces		x	x	x
Able to show emotion in the hallway			x	x
Able to wear incomplete uniform in hallway/mix uniforms			x	x
Talking in hallway or public areas			x	x
Goodbull with freshmen			x	x
Use of fun-related items in hallway (Ex: scooters)			x	x
Leaning on walls/sitting in hallway		x	x	x
Cell phone use in hallway		x	x	x
Play music in the shower			x	x
Able to play music loud enough to be heard in the hallway			x	x
Drink in hallway		x	x	x
Eating in hallway		x	x	x
Piss in sink	x!!!!!!			
Slide in hallway				x
0 layers on feet in hallway			x	x

Give fish haircuts during FOW			x	x
Not be unified during PT			x	x
Have a “room” with fitted sheets			x	x
Have a “hole”	x	x		
Wear cover in hallway				x
Walk in the hallway without a robe			x	x

*Pissheads must remain “locked-on” at all times in the hallway, though exceptions may be made at the end of the hallway when and where fish are not present and when speaking to whitebelts

5.2. FISH

5.2.1. Fish Mentality/Expectations

Understand the Impacts of Personal Behaviors/Actions:

- Understand / Strive to learn & uphold the Corps Values and A&M Core Values
- Learn & Uphold the Standard Orders and University / Corps Conduct Regulations
- Learn & Uphold the Aggie Code of Honor

Develop Yourself:

- Develop / Maintain Respect for self and others
- Take responsibility & accountability for actions
- Manage stress / Learn to manage time
- Strive for Academic Excellence and Personal Success
- Understand the benefits of personal health and well being
- Develop / Refine personal goals; Explore career interests
- Learn Career Readiness Competencies
- Develop / Foster camaraderie and community among peers

Learn to Follow:

- Adherence to Corps standards and regulations
- Personal alignment and adherence to core values

- Obedience to appropriate directives from upperclassmen cadets
- Look to upperclassmen for guidance and feedback
- Optimal effort toward success of the outfit and broader mission of the Corps
- Learn from mistakes
- Master primary responsibilities, skills, and knowledge
- Set a positive example for peers and others
- Understand the Corps' regimented lifestyle

5.2.2. Fish Behaviors

During the Academic Day (0730-1630/1800):

- fish must move with a **purpose** in the hallway wherever they go
- If there is an upperclassman in the hallway, fish will stop where they are, come to position of attention with feet half on the gray and half on the white, and greet the upperclassmen in rank order
- fish will "lock it up" (come to the position of attention) where they are whenever an upperclassman enters their hole and will greet them.
    - If multiple upperclassmen enter, then the fish greets the highest ranking first
    - fish will remain at the position of attention until either told to "shake it out" by the upperclassmen or until the upperclassmen leaves the hole
    - If an upperclassman tells the fish to "shake it out" and another upperclassman of LOWER rank enters the hole, the freshmen do NOT come to attention
    - If an upperclassman tells the fish to "shake it out" and another upperclassman of HIGHER rank enters the hole, the freshmen *do* lock up and greet the upperclassmen that just entered until the higher ranking member tells them to "shake it out"

Note: fish do *not* come to attention during EST and greet in passing.

During Training Times/March-ins/Football Games:

1. fish will fall out at first call
2. The shoulder of the fish nearest to the door, must have his/her left shoulder aligned with the trim of the door
3. All fish will line up with their feet half on gray tile and half on the white tile, at the position of attention
4. fish will use fish peeks to determine which upperclassmen are in the hall and will commence greeting
    a. To greet, the end fish closest to the highest ranking upperclassmen will greet first.
    b. The fish will stomp off if the upperclassmen is a senior.

c. After the end fish greets, the entire fish class will greet in unison, stomping off again if the upperclassmen is a senior.
d. They will continue in rank order.
e. If a previously greeted *upperclassman* re-enters the hallway, fish will re-greet the upperclassmen.
f. If a previously greeted *senior* re-enters the hallway, fish will re-greet but will not stomp off again.

EXAMPLE:

There are eight fish in the hallway lined up along the wall. Mister Dente (Junior) and Mister Davila (sophomore) walk into the hallway.
The fish on the end closest to upperclassmen (end 1): "Howdy Mister Dente, sir."
All fish repeat: "Howdy Mister Dente, sir."
The fish on the other end (end 2): "Howdy Mister Davila, sir."
All fish repeat: "Howdy Mister Davila, sir."

EXAMPLE: *Mister Best (CO,Senior) and Miss Hirschmann (XO,Senior) enter the hallway with eight freshmen.*

The fish on the end closest to upperclassmen stomps off (end 1): "Howdy Mister Best, sir."
All fish stomp off and repeat: "Howdy Mister Best, sir."
The fish on end stomps off 1: "Howdy Miss Hirschmann, Ma'am."
All fish stomp off and repeat: "Howdy Miss Hirschmann, Ma'am."

CHAIN OF COMMAND: fish will greet in order of Chain of Command from highest to lowest rank as follows:

CO → XO → PLs → rest of seniors → 1SG → PSGs → SL → guidon chain → rest of sophomores

Note: If two upperclassmen carry the same rank then the fish will greet the first upperclassmen they see. They may pop their cogitators in both directions.

On the Quadrangle Greetings:

- On the quad greetings are very similar to greetings in the dorm
- Freshman will "sound off" in a professional manner during the academic day (0730-1630/1800)
- Do NOT sound off at night or on the weekends (Unless explicitly told otherwise on the weekends)
- DO NOT greet upperclassmen in different outfits or Military/Operations Advisors.

- DO NOT act awkward around non-regs (those not in the corps)
- Take sophomore privileges when walking with a guest and make eye contact with upperclassmen, nodding and saying "Howdy" if they walk by.
- Once off the quad, is alone speak in a normal tone of voice saying "Howdy Mr/Mrs. _____ Sir/ma'am" in passing
- Always check to make sure you are greeting the highest-ranking member of B-1 first and then go down the chain of command

In the Classroom Greetings:

- DO NOT greet upperclassman who share the same class as you
- DO NOT tell your sorrows about being a fish in the Corps to non-regs, they don't care.
- DO NOT complain about how hard PT was this morning to non-regs, they still don't care.
- Act like a normal respectable person… *The Corps is not your personality.*
- Don't be a fish on your own time. If it's not corps time, be normal off the quad.

Fish Dress (on the Quadrangle):

- freshmen will wear fish dress when in the dorms and on the quadrangle.
    - freshmen will tuck their shirts into their shorts.
    - freshmen will pull up (motivate) their socks to at least ¾ of their calf
    - freshmen will tuck in their shoe laces into their shoes.
    - Fasten all fasteners (buttons, zippers)
    - Tuck in all laces (hoodies, shorts)

5.2.3. Blowing Call

A fish will fall out so calls are blown exactly 15, 10, and 5 and minutes before the event. This fish will fall out with the B-1 Fish of the Day Pot on, and hold the fish whistle to the top of the pot and move to a predetermined location.

GUIDE:

Blows whistle
B—A—T—T—L—I—N' B!
(1st, 2nd, 3rd) call for _[Insert name of event]__
Fallout for _[Insert name of event]__ in ____ minutes, Sir!
Uniform is _[Insert name of Uniform]__Sir!
My glorious Officer of the Day is_ [Insert name of Officer]__Sir!

My glorious Sergeant of the Day is_[Insert name of Sergeant]__Sir!
Sophomores of the Day are _[Insert name of Sophomore]__Sir, and _[Insert name of Sophomore]__Sir!
Menu is _[Insert Menu]__Sir!
Temperature is ot '(Class Year) plus _[Insert Temperature]__degrees Sir!

Notes:
Breakfast Menu: McDuncy and crystallized eggs

Dinner Menu: SOME DAWG SHIT

The temperature will be found on the weather app.

Calls will be blown for all activities unless told otherwise

Freshmen will fall out at the whistle blow of first call

5.2.4. Privileges

It is a fish privilege to…

- **Be unified with your buddies**
- Move with a purpose
- Address upperclassmen at the position of attention using sir/ma'am
- Answer any numerical question with your class number
- Answer a why question with "no excuse sir/ma'am"
- Ask permission to ask a question - "Howdy, Mr/Ms ___ may I have permission to ask a question sir/maam"
- Make statements - "Howdy, Mr/Ms ___ may I have permission to make a statement sir/ma'am." (Wait for upperclassmen response) "It is not a fish privilege to ____ sir/maam"
- Follow all fish procedures in the dorm hallway
- Pull seniors boots
- Win at intramurals
- Walk only on concrete
- Walk on the outside of the quadrangle
- Only exit and enter the quadrangle through the arches during the academic day
- Take dates to football games and midnight yell
- Make memes for the meme board and the senior stall
- Have cadence, ID, and conservative black watch on them at all times
- Tuck in shoelaces
- Piss in the sink

- Have short hair
- **Be unified with your buddies**

It is not a fish privilege to…

- Boof your buddies
- Think
- Need
- Feel
- Want
- Have emotion
- Pull out upperclassmen privileges, words, or class numbers
- Use abbreviations
- Scope out the quadrangle, hallway, or upperclassmen
- Talk on the quadrangle
- Talk in the hallways
- Touch an upperclassmen, or sign/shadow box
- Say thank you

5.2.5. Fish Hole SOP

*All cadets must have completed schedule cards displayed in the card holder located on the door

- Combat boots, low quarters, and pumps (females) are on the top shelf of the closet, ordered from tallest to shortest from the door. Laces will be pulled tight and tucked into the shoe.
- The back hook of the closet will be used for the trench coat.
- The top rack will contain uniforms and should have no empty hangers. Special unit uniforms and military clothing are allowed on the side closest to the door.
- The military clothes will be organized as follows: starting from the door to the window (items are evenly spaced, none of them wired):

- Class A Jacket
  - Jacket, Black.
  - OCP, Field Jacket (if applicable).
  - OCPs (blouse and trousers on one hanger).
  - Long Sleeve Gabardine Shirt.
  - Long Sleeve Poplin Shirt (for wearing underneath Class A Jacket).
  - Short-Sleeved Gabardine Shirts.
  - Pink (Winter) Trousers.
  - Pink (Winter) Skirt (if applicable).
  - Summer Trousers.
  - Summer Skirt (if applicable).

  *The fronts of the blouses and jackets will be facing towards the entrance. The fastener of pants will be towards the back of the closet, with pant leggings towards the window. Skirts will be hung from hangers using safety pins with the skirt fastener towards the back of the closet.

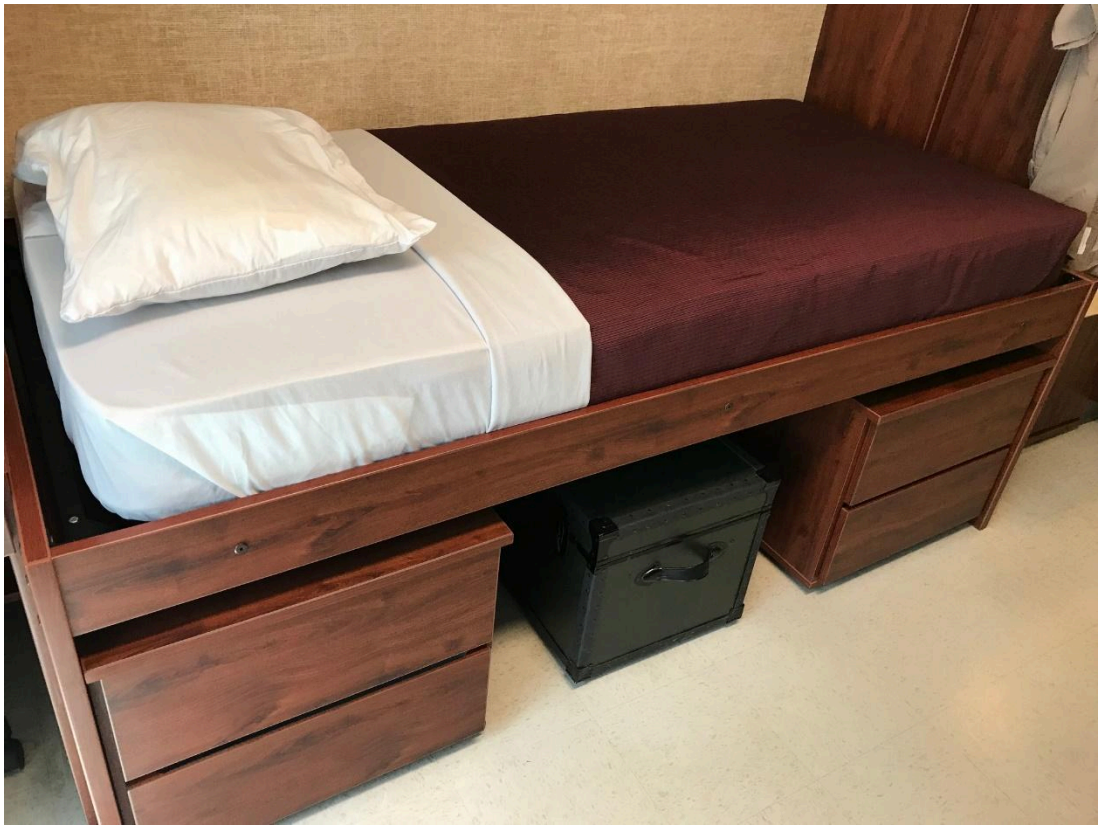
- The bottom rack is used for civilian clothes and will have no additional hangers. Civilian clothes will be evenly spaced along the half of the bottom rack that is closest to the door.
- The bottom of the closet is used for civilian shoes. The shower shoes and the running shoes will be placed with heels touching the side closest to the window and toes pointed towards the door. Shower shoes will be flush to the back of the closet, and running shoes will, in turn, be flush to the shower shoes. Any additional civilian shoes will be placed with heels touching the side closest to the door and ordered from the back of the closet to the front of the closet from tallest to shortest.
- One wired uniform top and bottom are required on the closet hook closest to the window. The uniforms will be fastened completely with pants behind the top. The pants will be without a belt and hung with the fastener facing the entrance to the room and the legs towards the closet door.
- Mirrors will be clean.

**The left image shows the complete closet setup while the right image shows how the civilian shoes will be set up under the civilian clothes.

Rack:

- Two white sheets, one white pillow case, and a maroon Corps bedspread will be used.
- The top sheet paired with the bedspread on top will fold down 18 inches from the head of the bed using six-inch folds and be neatly tucked underneath the mattress.
- Hospital corners will be used for all four corners. Hospital corners will be folded tightly at a 45-degree angle. The lines of the maroon blanket will face up and will be parallel with the long edge of the bed.
- Upon entrance, the left side bed will have the top toward the window, and the right side bed will have the feet toward the window.

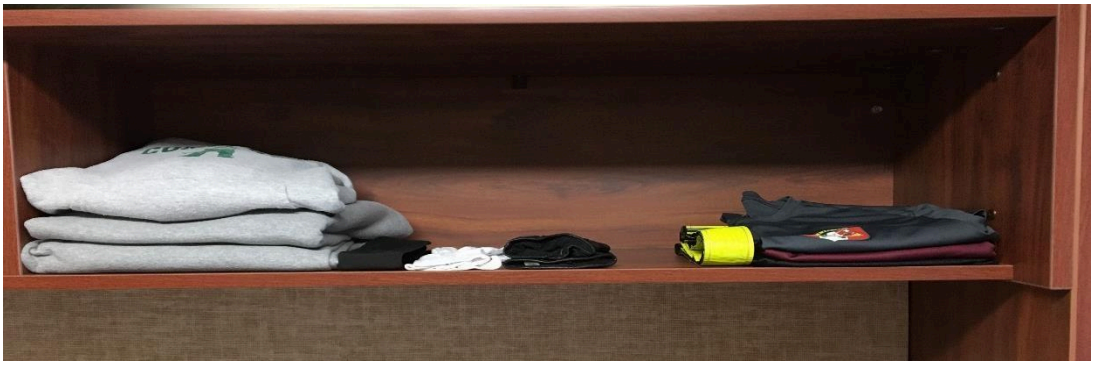
- The pillow will be placed centered to either end edge of the mattress and flush with the crease line of the 6-inch folds. Excess pillow casing will be neatly tucked under the pillow on the side closest to the wall.
- All bedding will be kept stain and wrinkle-free with crisp folds and hospital corners. Bedding will be free from any dirt, dust, and debris. All bedding will be washed on a regular basis to prevent illness and promote general hygiene.
- Freshmen are not authorized to use clothespins, sheet-stays, tape, or make any other modifications to keep sheets in place.
- The two drawer units under the bed will be placed with each unit adjacent to the left and right ends. They will be flushed with edges as shown below.
- Footlocker will be spaced evenly between the two drawers and tucked underneath the rack, flush with the edge of the drawers. The hinges should be facing the door unless the footlocker has wheels, in this case the wheels will face the back.
- Excluding the items stored within the footlocker and drawers, no items will be kept under the rack.



Shelves:

- Placement of items for the top shelf closest to the door is as follows, from the door to the window: Biders, i.e., garrison caps, service cover, campaign cover, patrol cap. Covers are evenly spaced and flush with the edge.
- Biders will be placed with the opening facing the door and the front edge of the bider flush with the edge of the shelf. Campaign and service covers will not be wired.
- Placement of items for the top shelf closest to window is as follows from door to window: Corps sweats (top to bottom: outfit hoodie, corps sweat top, corps sweat pants), black ties, white gloves, black gloves, road guard belt, then physical training gear (top to bottom: outfit pt shirt, corps pt shirt, corps pt
- shorts). The items will be placed adjacent to each other, except for the black gloves and road guard belt.

  *All items are flushed to the edge
- Outfit and Corps sweats will be folded such that folds are flush with the edge of the shelf, and logos will be face up.
- Ties will be folded neatly with the fold flush to the edge of the shelf and wide end on top and pointed towards the back.
- Gloves will be stacked with the opening aligned to the edge of the shelf and the thumbs of each glove touching and closest to the door.
- The road guard belt will be folded and placed with the folded end flush to the edge of the shelf and the buckle face up.
- Outfit and Corps pt gear will be folded such that folds are flush with the edge of the shelf, and logos will be face up. The shirt will be folded down the middle so that the sleeves overlap. The sleeves will then be tucked under, and the shirt will be folded into thirds so that the logo is showing. The shorts will be folded in half so that the legs lie on top of each other, and then will be folded again so that the waistband lies on top with the opening of the legs below.



Desk:

- Books/Notebooks will be placed on the 1st shelf directly above the desk.
- The top shelf may be used to hold extra books/notebooks or a printer/scanner (optional).
- The top shelf will be ordered such that the books will be flush to the side closest to the door, and the (optional) printer/scanner will be flush to the side closest to the window.
- Printers/scanners and books will be aligned flush to the edge of the shelf, and all books will be ordered by height, with the tallest books closest to the door and the shortest closest to the window.
- Freshmen are always required to have exactly three items on their desktops. Items connected to each other or grouped as one will be considered as one item.
    - For example, a cup with writing essentials is considered one item; a flush stack of books is one item.
    - Excessive stacks will be counted as multiple items.

Sink:

- The ledge will have 4 cleaning items pushed all the way in and evenly spaced. The labels of the cleaning supplies should be facing outward, with the nozzle facing towards the door.
- The hand towels will be folded lengthwise and hung over each of the horizontal bars below the sink with folds facing towards the window.
- The mirror and surface of the sink will be clean and free of any liquids.

Miscellaneous:

- The hooks near the entrance will be used for laundry bags and robes.
- The round hook is used for bathrobes, while the U-hook is used for corps laundry bags.
- Robes will be wrapped neatly with their waistband, and one full-size towel will be hung on top to cover the robe.
- The Corps laundry bag will have the Corps stack facing out and hung by the strap. Corps laundry bags will be fully closed.
- The room will be free of clutter and dust

- The floor will be swept and cleaned
- Windows will be kept clean and locked. At no point will a freshman open their windows.
- Blinds will be closed all the way down and closed at all times. Blinds will also be clean and dust-free.
- Any visible items are subject to inspection. All horizontal surfaces will be dust and clutter-free and are open to inspection.
- Anything not visible i.e., drawers and cabinets, will not be subject to inspection with the exception of the closet.
- No furniture, excluding chairs, will be moved from the original arrangement.
- Unless authorized by an upperclassman, freshmen will not be permitted to post anything on the bulletin boards above the racks and desks. Freshmen are not authorized to post any items or decorations on their furniture or walls.

  *If not specified exactly how any more items should be placed, items must be positioned in an organized manner and unified throughout the class and notified to the IG chain for approval

  *All items are generally flushed when applicable, unless otherwise instructed
- All questions regarding any room setup should be directed to your Team Leader.
- Ignorance of this SOP will not be a valid excuse.
- The CO/1SG reserves the final authority to add or remove items from this SOP, to interpret the written standard, to determine what constitutes a violation of the standard, and to require corrective actions to be made.

5.2.6. Duncan Dining Hall Procedures

PROCEDURE FOR FRESHMEN JOINING THE TABLE TOGETHER:
First, all freshmen must have their initial setup, see below
The closest fish will begin the echo greeting: “Howdy, Mister Best, sir.”
All the fish, including the first one, will repeat: “Howdy, Mister Best, sir. May these fish have permission to join your table, sir?”

PROCEDURE FOR FRESHMEN JOINING THE TABLE INDIVIDUALLY:
First, all freshmen must have their initial setup, see below.
freshman: Howdy, Mister Best, sir. May I have permission to ask a question, sir?
Mister Best (Highest Ranking Cadet): What?
freshman: Mister Best, sir, may I have permission to sit at your table, sir?

**If the highest-ranking cadet is a Senior, use "at your table"; otherwise, use "at the table."*

Mr. Best (Highest Ranking Cadet): Sit down

**Immediately, the freshman will be seated and will modify their setup. Fish must make a new setup quickly- a sophomore should never beat a fish.*

PROCEDURE FOR SENIOR TO GET A BIB (napkin):

Senior: **Hits table with fist**

**At this time, a fish will grab a bib and pass it to the Senior*

PROCEDURE FOR FRESHMEN TO GET MORE FOOD

Freshman: Howdy, Mister. Best, sir. May I have permission to ask a question, sir?
Mr. Best (Highest Ranking): What?
Freshman: May I have permission to return to the chow/mess hall, sir?
Mr. Best (Highest Ranking): Yes

ENDING DUNCAN PROCEDURES

Freshmen will be told to consolidate the setup. At this point, the freshmen will consolidate their table and wipe it down, then meet at a designated spot outside Duncan. Then they will be marched to the dorm.
Upon reaching the dorm, they will gather around the junior bench for Good Bull

GENERAL PROCEDURES

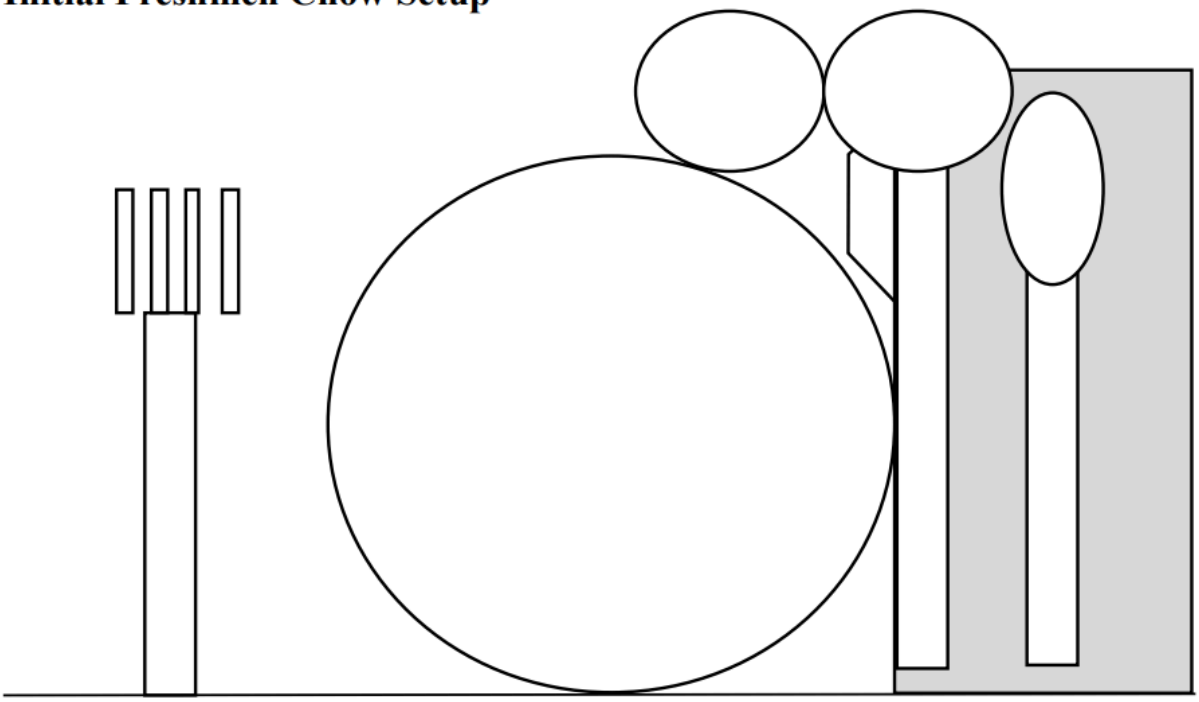
Dining etiquette will be followed.

- fish will only conduct chewing/drinking once their hands are either by their side or on their lap

Conversation will be kept professional, limiting side talk and ungentlemanly discussions.
There will be no sky(water) on the crystal(cup) whatsoever
Freshmen will sit with good posture, shoulders back, head straight, not looking around unnecessarily, hands at their sides or in their lap, and sitting fully on the chair.

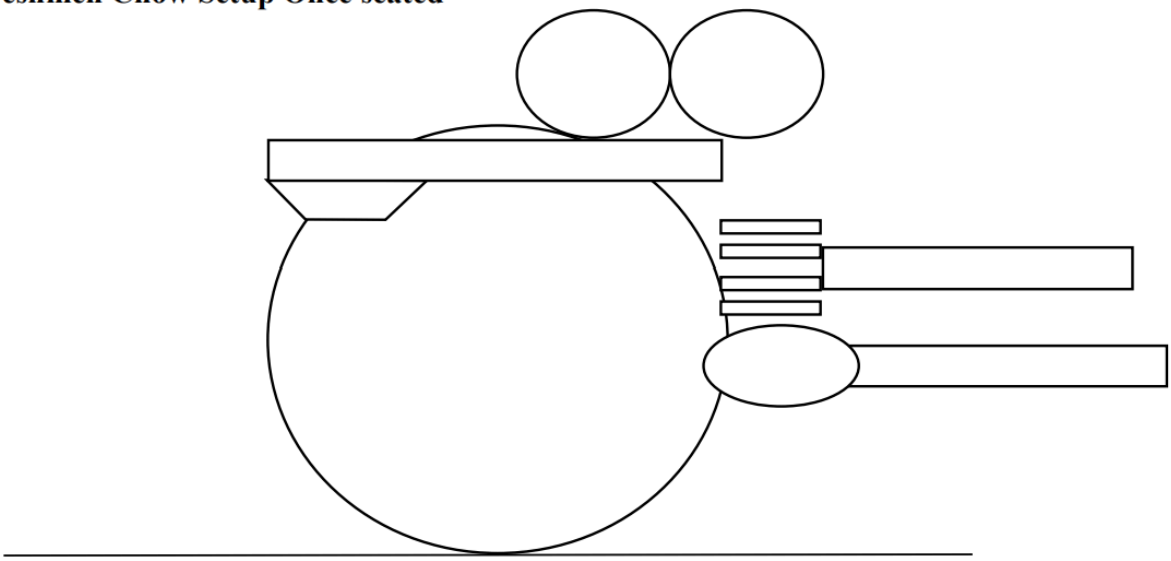
Freshmen will not speak unless answering a question.
Silverware will be cleaned against the side of the plate, NOT WITH A BIB.
Freshmen will not be restricted in food choice.
Freshmen will have AT LEAST ONE GLASS OF WATER PER MEAL.

Initial Freshmen Chow Setup



- The bottom of the bib, platter, and utensils are generally aligned with the trim of the table.
- Crystals are generally parallel to the table edge and touching each other, and the saber blade faces inwards.
- Pitchfork is aligned with the trim of the table to the left of the platter.

Freshmen Chow Setup Once seated



- Bib: Placed in the fish's lap
- Pitchfork: Tip resting on plate above the shovel; generally parallel with table edge
- Shovel: Tip resting on platter, below pitchfork; generally parallel with table edge
- Platter: Edge generally aligned with table crystals: Generally parallel with table edge and touching platter

5.3. PISSHEAD

5.3.1. Pisshead Mentality/Expectations

Expectations:

- Progressive Leadership Model
    - Sophomores are an "attainable goal"
    - Seniors are the "ideal"
- Freshman **Learn** / Sophomores **Coach**
  Junior **Mentor** / Seniors **Inspire**
- Fish should feel comfortable reaching out to their fire team leader / assistant fire team leader for help
- Stop treating the Corps like a game, start building leaders to represent us in the workforce and the military

Understand the role as a Coach:

- Constructively coach and train subordinates
- Treat subordinate cadets justly / Keep subordinates informed
- Assist / Advise others in adjusting to collegiate and Corps lifestyle

- Uphold the Corps Mindset
- Demanding not Demeaning

Learn to Lead:

- Carry out assigned duties / Seek additional responsibilities
- Conduct verbal and written counseling
- Hold self, peers and subordinate cadets accountable
- Engaged follower / Never stop observing and learning
- Uphold / Model ethical behavior

Develop a Focus:

- Provide a positive example for others
- Instill Corps Values, Aggie Code of Honor and A&M Corps Values
- Explore Options / Pursue Interests

5.3.2. Pisshead Hole Standards

Corps Mandated:

- Maintain a slightly less austere hole, including:
    - One poster/flag per hole.
    - A small bath mat in the sink area and a 4 x 6 foot carpet, no other rug, carpet or floor covering.
- One coffee maker per hole.
- No extra furniture (footlockers/storage bins authorized).
- No television, large video screen, video game system or stereo (clock radio authorized).
- No more than five items on the desk (flush or grounded).
- No refrigerator. (Except for the class fridge.)
- No fitted sheets or mattress pad. (During the spring semester, the CO may grant the sophomore class the privilege to have fitted sheets.)

Outfit Standards:

- No more than 5 items on the sink shelf
- Cleanliness including sweeping, mirrors, dust same as fish
- Drawers do not need to be flush with rack
- Covers will remain as fish, do not need to be flush
- May use desk shelves freely, although must be orderly, i.e. clothing items neatly folded
- Each hole may have one water heater/coffee machine
- May have one small bath mat and a 4 x 6 carpet
- May earn fitted sheets as whitebelts see fit

- May use passdowns as deemed by whitebelts

*Additional privileges can given or revoked as seen fit
**See Chapter 7 of the Cadence for privileges regarding pullouts and behavior

5.3.3. Pisshead Test

IF PISSHEAD ATTENDS RUDDERS WINTER FTX HE/SHE IS EXEMPT FROM THE PISSHEAD TEST

Those sophomores who successfully pass the Pisshead Test will be granted additional privileges. These privileges *will not* be enjoyed by those who do not pass the test. These privileges may include:

1. Fitted sheets
2. Open-toed shoes

An unprivileged pisshead caught using these privileges will be subject to disciplinary action. These privileges can be revoked at any time. The Pisshead Test will be administered in the Spring by the pisshead's PSG, whenever the pisshead believes he/she is ready to be tested.
In the case that two pissheads, one with privileges and one without, live in the same room only the privileged pisshead will enjoy said privileges. You must meet 6 out of 7 requirements to earn privileges.

The requirements to earn the privileges are:

1. Zero-cut hole inspection
2. Zero-cut uniform inspection
3. Pass all campusologies
4. Minimum 2.7 Previous GPA
5. *Individual min* score of 270/540 on the PFT/ACFT or run class year # of miles over winter break
6. Training ability, demeanor, attitude, professionalism
7. Know all of the fishs' last names, hometown and majors

5.3.4. Training Times

- Pissheads are expected to execute/lead the training time planned by the training chain efficiently, except in events for example junior/senior week, etc.
- Good advice is to assign who is **doing what the day before** (ex. Dente will lead the hand release pushups; Soria will lead the buddy sit-ups) and make sure every pisshead is on the same page before the training time by **discussing it before the first call in the morning**
- Communication is **KEY** with your buddies

- An inefficient/unacceptable training time will result in the sophomore class getting smoked by the 1st SGT and CO or possibly RAMS, Restricted Weekends, etc

5.3.5. PT Modules

Exercise: **Push Up**

1. "Today we will be teaching you the Push Up. This is an exercise that will be taken into account for all PFTs and PFAs throughout the semester. This is a single count exercise and is meant to strengthen your chest and shoulder muscles. You will initiate this exercise at the front leaning rest position which is the initial posture to begin a push up. When the command of "down" is called you will execute a push up and return to the original position of front leaning rest and sound off with the count, the number of push ups you are on followed by sir or ma'am."

2. "Your sophomore will now demonstrate a push up at full speed. "Down""

3. "By the numbers: "Down"
   a. Eyes looking 2-3 feet ahead of him/her
   b. Elbows bent breaking 90
   c. Back and legs straight
   d. Feet together"

4. "You sophomore will now demonstrate again at full speed. "Down" "Down""
   *Demonstrating sophomore will sound off with the count

5. "What are your questions concerning the push up?"

6. What fish most commonly mess up:
   a. Eyes or head not looking straight
   b. Elbows not at 90
   c. Rear too far up or bowing down
   d. Knees on the ground
   e. Feet not together

Exercise: **Sit up**

1. "fish. Today I will be teaching you the sit up exercise. The purpose of this exercise is to work your abdominal muscles. It is a one count movement. You will come back up to the initial position and sound off with the count."

2. “Your sophomore will now demonstrate at full speed. Scope out your sophomore. “Up.””

3. “Breaking it down by the numbers. “Up.”
   a. Hand on your collar bones.
   b. Elbows touch your thighs.
   c. Knees bent.
   d. Feet planted into the ground.
   e. Shoulder blades touch the ground when down.

4. “Your sophomore will now demonstrate for you again at full speed. ”Up.””
   *Demonstrating sophomore will sound with the count

5. “What are your questions concerning the sit up?”

6. What fish commonly mess up:
   a. Legs not bent
   b. Feet not planted
   c. Not touching thighs
   d. Rocking forward
   e. Hands not on collar bone
   f. Looking around

Exercise: **Squat**

1. “fish, today we will be teaching you the squat exercise. The purpose of this exercise is to work your glutes and hamstrings. It is a one count movement. You will come back up to the initial position and sound off with the count.”

2. “Your sophomore will now demonstrate at full speed. Scope out your sophomore. “Down.””

3. “Breaking it down by the numbers. “Down.”
   a. Feet shoulder width apart.
   b. Toes pointed slightly out. Weight on your heels.
   c. Knees bent at 90°
   d. Back flat and chest pointing forward.
   e. Hands clasped together in front of you.

f. Eyes at a thousand yard stare."

4. "Your sophomore will now demonstrate for you again at full speed. "Down.""
   *Demonstrating sophomore will sound with the count

5. "What are your questions concerning the squat?"

6. What fish commonly mess up:
   a. Feet too close or too far apart
   b. Weight on their toes not heels
   c. Not breaking 90
   d. Chest facing down or leaning forward
   e. Hands not clasped together
   f. Looking around

Exercise: **Lunges**

1. "fish. Today I will be teaching you how to properly perform the Lunge.
   This is a 4 CT movement which will be performed from the modified position of attention. This exercise works your quads and glutes."

2. "Your sophomore will now demonstrate.
   Scope out your sophomore.
   You will begin with your hands clasped in front of your chest.
   Your feet will be shoulder width apart with your eyes directly forward
   At full speed it looks like this,
   Ready, 1, 2, 3, "1, sir"; 1, 2, 3, "2, sir""

4. "We will now demonstrate by the numbers
   Ready, 1, Your left foot will move forward and your left knee will bend to form a 90 degree angle.
   Ready, 2, You will then return to the initial modified position of attention
   Ready, 3, Your right foot will move forward and your right knee will bend to form a 90 degree angle.
   Ready move
   "__(count #)__ sir""
   *Demonstrator will sound off with the count

5. "We will now demonstrate one more time at full speed.
   Ready, 1, 2, 3, "1 sir"; 1, 2, 3, "2 sir""

6. “What are your questions concerning the lunge?”

7. Common mistakes the fish make:
    a. Stepping too far
    b. Not stepping far enough
    c. Not breaking 90
    d. Hands not clasped
    e. Uncontrolled balance
    f. Stepping back instead of forward
    g. Leaning forward
    h. Using hands as support on the knees

Exercise: **Flutter Kicks**

1. “fish. We will be teaching you how to properly execute Flutter Kicks.
    This is a 4 CT movement which will be performed on your rear.
    This exercise works your abdominal muscles and hip flexors.”

2. “Your sophomore will now demonstrate.
    Scope on your sophomore
    You will begin with your hands placed under your rear with your feet 6 inches off the deck. Your left foot will be elevated above your right foot and your head will be lifted off the deck.
    At full speed it looks like this,
    Ready, 1, 2, 3, “1, sir”; 1, 2, 3, “2, sir””

4. “We will now demonstrate by the numbers
    Ready, 1, Your feet will alternate positions with the right foot moving above the left. His/her legs will remain straight.
    Ready, 2, You will then return to the initial position with your left foot above the right with your head remaining off the deck the entire time.
    Ready, 3, Eyes remain at a thousand yard stare throughout the exercise
    Ready move
    “__(count #)__ sir””
    *Demonstrator will sound off with the count

5. “We will now demonstrate one more time at full speed.
    Ready, 1, 2, 3, “1 sir”; 1, 2, 3, “2 sir””

6. What are your questions concerning the flutter kick?

7. Common mistakes the fish make:
    a. Feet touching the deck
    b. Head touching the deck
    c. Legs not straight
    d. Toes not pointed

Exercise: **Russian Twists**

1. “fish. Today I will be teaching you how to properly perform the Russian Twist.
   This is a 4 CT movement which will be performed on your rear.
   This exercise works your abdominal muscles and obliques.”

2. “Your sophomore will now demonstrate.
   Scope out your sophomore
   You will begin with your left leg crossed over your right with your knees bent and your feet off the deck. You will hold your hands in front of you with your right hand making a fist and your left hand clasped over your right hand”

3. “At full speed it looks like this,
   Ready, 1, 2, 3, “1, sir”; 1, 2, 3, “2, sir””

4. “We will now demonstrate by the numbers.
   Ready,1, hands will touch the ground to your (left/right).
   His/her feet remain off the deck
   Ready, 2, hands will touch the ground to the opposing side.
   Rotate with your shoulders on every rep, not just your arms. This ensures to engage your obliques.
   Ready, 3, Eyes remain at a thousand yard stare throughout the exercise
   Ready move
   “Four sir””

5. We will now demonstrate one more time at full speed.
   “Ready, 1, 2, 3, 1; 1, 2, 3, 2”

6. “What are your questions concerning the Russian twist?”

7. Common mistakes the fish make:
   Feet touching the ground
   Not rotation on the shoulders
   Hands not touching the ground on each side
   Eyes not forward

Exercise**: Plank**

1. “fish. We will be teaching you how to execute a proper plank. It is a timed exercise meant to work your abdominal muscles.”

2. “Your sophomore will now demonstrate. Scope out your sophomore. “Plank position””

3. “Breaking it down by the numbers.
    a. Start in the front leaning rest position then go down to your forearms flat on the deck.
    b. Eyes 2-3 feet looking forward
    c. Back and rear straight
    d. Feet together”

4. “Don’t lift your rear too high or sink it too low. Don’t spread your feet apart. Keep your eyes forward the entire time.”

5. “What are questions concerning the plank?”

6. Common mistakes the fish make:
    a. Eyes not looking forward
    b. Back bowing down
    c. Rear up in the air
    d. Knees on the deck
    e. Feet not together
    f. Hands Clasped/Fingers Interlocked

Dynamic Stretches (Pre-workout):

- High Knees
- Rear Kickers
- Heel Schoops
- Frankenstein
- Open the Gate

- Close the Gate
- Karaoke Down/Back
- Atlas lunges
- Sprints (50%, 80%, 100%)
- Arm Circles (Forward/Back)(Small/Large)
- Tree Huggers

*Stretches should be consistent yet can be tailored to specific exercises i.e. stretching legs more before a run

Static Stretches (Post-workout)
Counting
-Right over left…
-"Spread it!" (Right/Left/Middle & Back)
-Quad Stretches

- Butterfly Stretch
- One Leg Out
- Calf Stretches
- Arm across chest
- Behind your head

5.3.6. Chow Procedures

Responsibilities:

- Setting up the table before the rest of the outfit arrives
- Correct fish at the table
- Eat quickly and finish before the fish
- Cannot leave or sit at the table until given permission which can be requested vocally or with a gesture to a white belt
- Privileges:
    - Can place elbows on table

Purpose of gentleman's chow: Teaches table etiquette, healthy eating habits, and it is the perfect time to get to know your fish.

Talking Points:

- Whip outs
    - How many, who, from where, what outfit
    - **KILL** them if they didn't or can't remember

- Upcoming exams
    - **KILL** them if they don't know
- How they are doing in school
    - Are they failing/passing
    - What is their hardest class
    - Tutoring/SI
- Classes that day
    - What they learned
    - What lecture was about
    - Goals for that class
- Recent TT or PT feedback
    - Buddy class performance
    - Individual performance
        - Knowledge, holes, PT ability, selflessness to buddies, intensity

- Importance of PT and health
    - Remind them to give their bodies the proper nutrition so that they don't fall out of the run to Duncan after formation.
- Involvement in student organizations
    - On or off the Quad
    - Days and times of possible meetings
    - Purpose of organization
- Leadership development
    - What have they done to help their buddy class.
    - What have they learned in SOMS or MLSC
- Development emails
    - Best advice from upperclassmen surveys
    - Opinions, what they learned from most recent email or what stuck out to you/applies to them
- How they lead their buddies
    - Rip them if one of their buddies can't do something that they are doing pretty well. (ex. Making racks or shining shoes…)
- <u>How they bettered themselves that day</u>
    - something productive they did that day/ week
- Corps brass books standards
    - Remind them of standards and rules
- Where they stand currently
- Corps brass symbolism
    - As we move in the semester they should know what each stage means
- Goals they have long or short term

- Make sure they are tracking pertinent events coming up.
    - For example,
    - Army Moti example: ”There is an A/B Co FTX Saturday this week and it will take place at Clark. You (the fish) should care to practice/look over the army field tactics you are struggling with before then.”
    - Regular example, “ there is Aggieland saturday this week and we have been slotted to march on the elephant ears. You (the fish) should care to practice whatever marching movements you are struggling with before then.
- For Army-motivated fish,
    - Mention skills that they will need for advanced camp
    - Remind them that MLSC classes are supposed to be grade boosters so they should be putting out for A’s

5.3.7. Verbiage for Corrections

Drill	
Attention Heels not together/not at 45	“Heels together, feet at 45”
Thumbs not on seam of trousers	“thumbs on the seams of your trousers”
Heels not on Line	“get your heels on line”
Chin not parallel	“chin parallel to the marching surface”
Not standing up straight	“shoulders up, back and down”
Fists not cupped tightly	“hands as if you’re holding a roll of quarters”
Windows showing	“close your windows” “Eyes staring straight ahead” “2_000 yard stare”
Parade Rest Feet not 12 inches apart	“feet 12 inches apart”
Thumbs not interlocked	“Thumbs interlocked with right hand over left”
Elbows flared out	“elbows in line with your body”

Elbows not in small of the back	"hands at the small of your back"
Present Arms Fingers curled	"flatten out your hand"
Wrist not straight	"straighten out your wrist"
Hand not tilted properly	"Tilt your hand forward at 45 degrees"
Not rising through center of chest	"raise your hand up your gigline"
Hand not in proper position	"middle finger at the corner of your right eyebrow"
Elbow positioning	"elbow in line with your body"
Basic corrections Adjusting/fidgeting	"If you care to adjust, ask for permission" "Don't adjust without permission/stop fidgeting."
Improper timing	"you're early/you're late"
Turning wrong way	"pay attention/know left from right/get with your buddies"
Straight legs	"don't lock your knees"
Looking around	"don't scope _____ out/stop looking around"

Uniform	
Cables	"there's cables on your uniform (tell them where they are)"
Shirt not rolled	"roll your tuck"
Gigline	"fix your gigline"
Fish tab not pulled all the way	"Fix your fish tab" / "There shouldn't be material from your belt showing between the buckle and the fish tab"
Bider not on properly	"fix your bider, the tip needs to be two fingers from the bridge of your nose/uncock your bider/peak your bider"
Shirt not fastened	"fasten your shirt"
Brass not shined	"Do you have a backing for ___"
Shoes not shined	"your AMU has spots/finger prints on it/there's grode in your AMU"

Stains on uniform	“your shoes aren’t two-bar/there’s a boof on your shoe”
Improper uniform fitting	“you boofed your uniform, now you need to rewire a new top”
	“cogitate about getting your uniform resized at the UDC”

Hallway	
Not loud	“Use your diaphragm; the other side of the hallway can not hear you”
Incorrect greeting	“ No you skipped_____/ Greet your guidon before the rest of my buddies/ step off for seniors/ you misconstrued my buddy/ you blew off _____” “You misconstrued Mr./Ms.”
Head popping	“Get your skull on the wall” “Stand at the perfect position of attention”(correct as if at attention) “Actually step off” “ Pop your skull/ It’s one one-one thousand each direction/ don’t lean off the wall to greet.”
Turning	“Square your corners”

Holes	
<u>Bed Area</u> Getting fish on rack	"Get to the end of the rack, opposite the sink."
Parachuting on rack	“there’s parachuting at foot/head/on the___”
Items not flush	“your _____ isn’t flush to the edge of your _____”
Hospital corners not 45 degrees	“your hospital corners aren’t 45 degree angles”
Six inch fold	“the six inch fold isn’t straight all the way across the rack/this six inch fold isn’t even six inches”
Pillow flushed to six inch fold	“your pillow isn’t flush to the six inch fold”

Sink Area	
Water on sink	"you sink should be dry"
Dust on surfaces	"there's dust on your _____"
Floor	"this floor is dusty/dirty"
Hangar Area	
Hanger spacing	"your hangers aren't spaced properly, they need to be equidistant from each other"
Closet order	"your ____ goes before/after your ____ | Your uniform items are arranged from highest class to lowest Class starting from the side closest to the door. The legs of your pants will be on the left and your shirts should be facing left" "Your pant legs have to be flush to the longest seam"
Desk Area	
Cover order	"From the window side it begins with your patrol cover, then your Service cover then your Howdy hat."

CHOW	
Items not flush to edge of table	"get your ___ flush to the edge of the edge of the table"
Pitchfork and shovel not at 3 and 9 on platter	"get your silverware at 3 and 9 positions"
Pitchfork and shovel not parallel to edge of table	"get your pitchfork/shovel/silverware parallel to the edge of the table
Crystals not touching	"get your crystals touching"
Looking around	"Stop scoping out Duncan"
Platter flush with the edge of the table	"Get your platter flush with the edge of the table"
Commands to make them do something	"eat", "get there", "fix it", "stop hesitating" "correct it", "adjust" "move with a sense of urgency"

5.4. WHITEBELTS

5.4.1. Room Policy

Although the restrictions of what may or not be in a whitebelt room are lax, there is still an expectation that cadets will hold themselves to the same standard of cleanliness and neatness to which brownbelts are held. We're the best outfit in the Corps, and as such we need to reflect this in our room standards.

1. Random room inspections will be conducted by the CO, XO, PLs, 1SG and PSGs to monitor whitebelt rooms and report any unsatisfactory rooms to the commander and IG chain
   *This includes rooms in satellite dorms
2. Both inhabitants of the room will be assessed discipline for a room deemed unsatisfactory
3. Laundry on floor, uniform items out of order, messy closet, dirty sinks, or excessively disorganized desks will classify a room as unsatisfactory as well as other items at the discussion of the inspector
4. Inhabitants of unsatisfactory rooms will be issued discipline according to *The Standard* and leadership discretion (RAMS, extra guardroom shifts, flag detail, SOD shifts, ect.)

5.4.2. Expectations

- **The underclassmen –** The reason we are here is not just for ourselves or our career, it's for the people we lead. Boots are just expensive footwear without them. Take the time to get to know your underclassmen and take an interest in their progress, especially those in your platoon. If you go through a day without doing something for your underclassmen, especially your fish, then reevaluate your reason for being here.

- **Goodbull** – Goodbull is encouraged when it is meant to motivate the brownbelts outside of training time, but it's not meant for mindless/pointless confusion in the hallway. Simply put, use it purposefully to inspire and motivate the brownbelts.

- **Room and Uniform Standards** – As whitebelts, we have less external accountability for our rooms and uniforms compared to brownbelts. However, this comes with the expectation that we hold ourselves and each other to a higher standard. Remember, you're still examples for freshmen and sophomores.

- **Buddy Unity** – While it's a privilege to "boof" your buddies as whitebelts, if you want to be involved in training freshmen or pissheads, avoid interfering in a way that disrupts

training. They shouldn't leave their brownbelt years resenting those who enforced standards.

- **Formations –** Formation sets us apart from the rest of the university. Missing out on more than one evening formation a week for any reason (other than employment or class) should not be a regular occurrence. As whitebelts, we are not above the standard and therefore we are responsible for signing out of formation at least two formations before the one to be missed. We've all been here long enough to be responsible for this procedure.
- **PT** – Out of respect for our uniforms and our bodies we should strive to stay in shape to the best of our abilities. Being motivated and enthusiastic during PT in the morning will boost morale and demonstrate to the fish the importance of being fit. Giving constructive guidance and feedback to the pissheads on how they run training times provides them with valuable skills in leadership development. We all remember how much we hated the shitbag whitebelts who chopped out of PT or gave stupid advice for training times, so let's do better and be better than all of them who came before us.

6. CHAIN OF COMMAND AND CHAINS

- This can be found posted in in the Hallway and Linked in the Company B-1 Teams Channel (It changes too much to get printed out)