



FUTURE LEADER CAMP (2009) TRAINING MATRIX

WEEK 1	SUN 28 JUN & 19 JUL 09	MON 29 JUN & 20 JUL 09	TUE 30 JUN & 21 JUL 09	WED 01 JUL & 22 JUL 09	THU 02 JUL & 23 JUL 09	FRI 03 JUL & 24 JUL 09	SAT 04 JUL & 25 JUL 09
AM		Physical Fitness Training	Physical Fitness Training	Physical Fitness Training	Physical Fitness Training	Physical Fitness Training	NO PT
AM TRNG		Rappel Tower Obstacle Course Reaction Course Rigging	Paintball Map Reading	Orienteering Course First Aid Training	Water Survival Climbing Wall Armed Drill Unarmed Drill	Vermont Army National Guard Training Center Tour & <i>Simulators!</i>	Camels Hump or Mt. Ascutney Hike Deer Leap Mountain Rappelling
PM TRNG	Check-In: 1300 to 1600 Hours Issue Uniforms Team Assignments Call Home	Rappel Tower Obstacle Course Reaction Course Rigging	Paintball Map Reading	Orienteering Course First Aid Training	Water Survival Climbing Wall Armed Drill Unarmed Drill	University Briefing: • College Admissions • ROTC Scholarships • Federal Academies Visit Campus Bookstore	Camels Hump or Mt. Ascutney Hike Deer Leap Mountain Rappelling
EVNG TRNG	Director's Welcome Orientation Briefing SOP Review	Class: Effective Communications	Class: Leadership 101	Class: Crisis Management	Class: Shackleton	Leadership Exam Leave No Trace Briefing	Equipment Maintenance
WEEK 2	SUN 05 JUL & 26 JUL 09	MON 06 JUL & 27 JUL 09	TUE 07 JUL & 28 JUL 09	WED 08 JUL & 29 JUL 09	THU 09 JUL & 30 JUL 09	FRI 10 JUL & 31 JUL 09	SAT 11 JUL & 01 AUG 09
AM	NO PT	NO PT	NO PT	NO PT	Army Physical Fitness Test (AFPT)	NO PT	NO PT
AM TRNG	Camels Hump or Mt. Ascutney Hike Deer Leap Mountain Rappelling	Equipment Check Safety Briefing	Air Rifle Range Archery Range Wilderness 1 st Aid Fire Starter	Individual Survival Skills Assessment	Drill Competition	Lake Elmore State Park: Mandatory Fun Mandatory Swimming Mandatory BBQ Mandatory Relaxation	Graduation Ceremony 0900-1000 Hours
PM TRNG	Camels Hump or Mt. Ascutney Hike Deer Leap Mountain Rappelling	Movement to Camp Site • Field Hygiene • Field Safety • Shelters	Edible Plants Traps, Tracks, Snares Self-Defense Water Finder	Equipment Maintenance	Olympic Challenge Course	Lake Elmore State Park: Mandatory Fun Mandatory Swimming Mandatory BBQ Mandatory Relaxation	
EVNG TRNG	Equipment Maintenance	Reading the Stars	Field Cooking (Survival)	Drill Competition Practice	Skit Night	Prepare for Graduation & Departure	

The Training Matrix is a tentative schedule of events. A more detailed schedule will be provided upon arrival.