



DRILL CAMP (2009) TRAINING MATRIX

WEEK 1	MON 29 JUN 09	TUE 30 JUN 09	WED 01 JUL 09	THU 02 JUL 09	FRI 03 JUL 09	SAT 04 JUL 09	SUN 05 JUL 09
AM		Physical Fitness Calisthenics & Run	Physical Fitness Weight Room	Physical Fitness Basketball	Physical Fitness Ultimate Frisbee	NO PT	NO PT
AM TRNG		Skills Assessment Exhibition Drill	Exhibition Drill Unarmed Regulation	Exhibition Drill Armed Regulation	Water Survival Skills Armed Regulation Exhibition Drill	Exhibition Practice Drill Rotation: • Firing Party • Color Guard • Sword	Exhibition Practice Competition by Squads: • Public Speaking
PM TRNG	Check-In: 1300 to 1600 Hours Issue Uniforms Issue Drill Rifles Call Home	Drill Rotation: • Color Guard • Guidon • Sword Intro to Inspections	Inspections: • Armed Inspection • Uniform Inspection • Room Inspection Drill Rotation	Inspections: • Armed Inspection • Uniform Inspection • Room Inspection Exhibition Practice	Rappel Tower Obstacle Course Rope Bridging	Drill Rotation: • Unarmed Regulation • Armed Regulation • Exhibition	Drill Rotation: • Unarmed Regulation • Armed Regulation • Exhibition
EVNG TRNG	Director's Welcome Orientation Briefing SOP Review	Class: History of Drill Film: Honor & Glory Service Manual Review	Class: Choreography Film: USMC Silent Drill Service Manual Review	Class: Public Speaking Free Spin Time	4 th of July Celebration & Fireworks at Abare Farm	Choreography Practice Choreography Critique "Elimination Dodge Ball"	Public Speaking Finals Free Spin Time
WEEK 2	MON 06 JUL 09	TUE 07 JUL 09	WED 08 JUL 09	THU 09 JUL 09	FRI 10 JUL 09	SAT 11 JUL 09	SUN 12 JUL 09
AM	Physical Fitness Calisthenics & Run	Physical Fitness Weight Room	Physical Fitness Basketball	Army Physical Fitness Test (AFPT)	NO PT	NO PT	NO PT
AM TRNG	Vermont Army National Guard Training Center Tour & <i>Simulators!</i>	Inspections: • Armed Inspection • Uniform Inspection • Room Inspection Firing Party: "Live Fire"	Oral Exams: • Knowledge Test • Drill Efficiency Test Exhibition Practice	Olympic Challenge Course	Drill Competition Practice Prepare Uniforms	Lake Elmore State Park: Mandatory Fun Mandatory Swimming Mandatory BBQ Mandatory Relaxation	Graduation Ceremony 0900-1000 Hours
PM TRNG	University Briefing: • College Admissions • ROTC Scholarships • Federal Academies Visit Campus Bookstore	Drill Rotation: • Color Guard • Armed Regulation • Exhibition	Drill Rotation: • Color Guard • Armed Regulation • Unarmed Regulation • Exhibition	Paintball	NUDC Drill Competition • All Forms • Written Knowledge Test	Lake Elmore State Park: Mandatory Fun Mandatory Swimming Mandatory BBQ Mandatory Relaxation	
EVNG TRNG	Class: How to Conduct a Drill Practice	Class: Leadership 101	Class: Communications Competition Briefing	Drill Competition Practice	After Action Review Surprise Event	Prepare for Graduation & Departure	

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