



## CORPS OF CADETS - MEDICAL RELEASE FORM

This form is to be read carefully and signed by the applicant, the applicants' parent/guardian, and the applicant's primary care provider. Please complete with Student Health paperwork by July 15<sup>th</sup>.

Norwich University Military College of Vermont's unique program of undergraduate education requires that rooks/cadets fully participate in all aspects of our Four-Year Progressive Leadership Development Program (4YPLE) and meet its rigorous physical and psychological demands, including the intense first semester as a rook, Corps and ROTC physical fitness tests, mandatory Corps training, and ROTC classes and training.

Examples of the specific demands that will be made are provided below. The list is not all-inclusive, but merely a representation of the challenges of the 4YPLE. It is important to understand that none of these activities or expectations occur in isolation, but in combination. The demand placed on each rook/cadet's physical and mental resources are purposely extraordinary, that forges the proud and distinguished Military College of Vermont graduate.

### Mandatory Training Requirements:

- NU Corps of Cadets fitness test (Hand Release Push-ups, Planks, Run)
- Intense physical fitness training periods up to six days/week, includes upper/lower body exercises/running
- Weightlifting

### Mandatory Initial Entry Training

- 2-5 mile runs
- Group and individual obstacle course
- Rappelling (Approximately 150 feet)
- Navigate Leadership Reaction Course
- Dog River Run (1 mile run through a river)
- Standing in ranks and marching for prolonged periods of time
- Hiking up mountain multiple times, elevation gain 2,400 feet
- Road marches 2-5 miles

### ROTC (Requirements and intensity is branch specific):

- Intense physical fitness training periods up to five days/week, includes upper/lower body exercises/running
- Fitness test
- Marching and calisthenics with rifle and heavy rucksack
- Several long days of field training exercises, 2-12 miles road marches
- Swimming, high level water entry

### Living Conditions:

- Close quarters (2-4 occupants per barracks room, stark living environment, no A/C)
- Periods of extremely high stress, limited free time, limited access to cell phones
- Rapidly moving from one event to another
- Accomplishing tasks within a set period of time
- Mandatory reliance on others (strong peer pressure)

\_\_\_\_\_ is, to the best of my knowledge, physically and mentally fit to meet the demands

Applicant's name – print

of a Norwich education and the Military College of Vermont Four-Year Progressive Leadership Development Program.

\_\_\_\_\_  
Signature of Applicant

Date: \_\_\_\_\_

\_\_\_\_\_  
Signature of Parent/Guardian

Date: \_\_\_\_\_

\_\_\_\_\_  
Signature of Health Care Provider (MD/DO/NP/PA)

Date: \_\_\_\_\_