



Charlie Company Tactical Officer CSM Stokes and Company Commander Wesley Osborne demonstrate the right way to do pushups.



SFC Charles Harrington and other members of Alpha Company execute the turn and bounce.

Renaissance

should have a positive effect on all sports. Cadets will be in much better shape than they would otherwise." Cadets end the morning sessions with a run.

The new schedule with classes beginning at 0930 accommodates both physical training and drill in the morning, leaving afternoons open for sports practices and intramural games. Teachers are unanimous in their assessment of of the PT Program's benefits. The vigorous exercises in the morning seem to make cadets more alert and attentive in the classroom. Also, they appear calmer and less likely to nod.



Like ducks in a row, Band and Staff cadets stretch their arms in unison, performing the turn and bounce exercise.



Up front are Cadets Desousa, Jordan, and Mchaffey as Delta Company does the bend and reach.



Bravo Company Tactical Officer CSM Irtenkauf leads the way as cadets complete the inaugural session of the physical training program with the morning run.