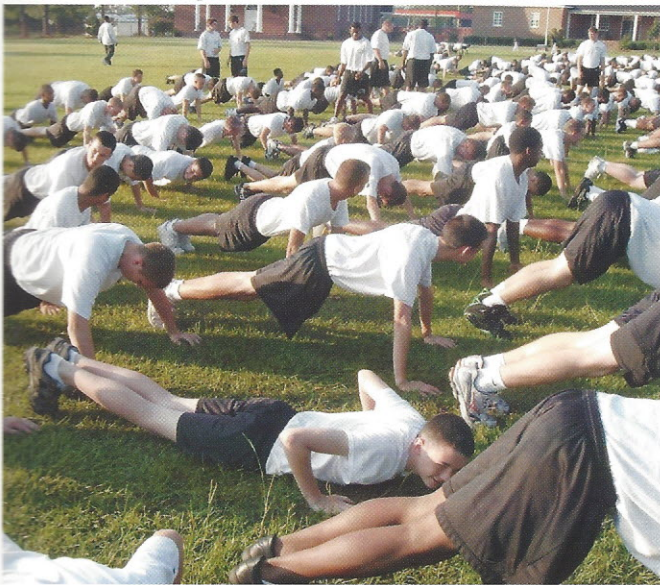


# Physical Fitness



*Physical Training (PT- left, below) appears twice on the weekly training schedule. Tuesday mornings, the entire corps trains together – sometimes with, sometimes without, weapons. Friday morning PT is left up to each individual companies.*

*Morning PT - The best wake-up call in the world!*



*Get firing on all cylinders!*



*Setting new personal bests*



*Making it happen as a team*

*Intramural sports give students who do not play team sports the opportunity to participate in company-level competitions such as flag-football (right, above right). Intramurals take place on Tuesday and Wednesday afternoons for 30-45 minutes. Companies compete in intramurals for scores that count toward honor company.*

