

AIR FORCE JUNIOR ROTC
JAMES F BYRNES HIGH SCHOOL
SOUTH CAROLINA SC-932



FROM: Cadet Colonel Jackson Darash

6 October 2014

SUBJECT: C.L.I.F. Update

TO: AFJROTC Wing SC-932

October already! Our first uniform wear this month is Class-C. We are highly promoting uniformity this year. This means that we highly encourage you to wear the designated uniform wear for the week. While dressing up in class (such as wearing Class-A) is authorized, we highly encourage you to wear the uniform we have assigned for the week. Again, this is simply for the Corps to be in uniformity.

We have done an excellent job with chocolate sales so far, and I encourage you to keep it up, but we also have new Corps T-shirts. Please have any interested cadet turn in the appropriate money for a long-sleeve or short-sleeve t-shirt. Long sleeve ones are \$17 and short sleeve ones are \$15. We will close signups for these shirts on October 15, so be sure you and your cadets sign up for them soon.

Thank you if you were involved in the orienteering trip over the weekend. We know that all of the cadets that participated in it had great anticipations for it. Our next outdoor adventure will be a Corps paintball outing. We are currently planning on going to the Planet Paintball facility in Moore on November 15. I look forward to painting each of you.

Mandatory PT this week:

Regular stretches: arms, legs, basic muscles

- 1 minute planks
- Lunges (10 yards to and from)
- 20 push ps
- 20 sit ups
- 1 mile run (timed)

Sincerely,

Cadet Colonel Jackson Darash