

WARNING ORDER 010-2021-004

1. SITUATION:

- a. Name of Event/Operation: PT With Me
- b. Release Dates: Every first and third Saturday of the month
- c. Start and End Times: November 2020- May 2021
- d. Location: YouTube
- e. Brigades Participating: All individual cadets who desire to exhibit their technology/video-making skills while promoting health and wellness in the Corps.
- f. Participation Requirements: This is an open project for any cadets interested in exploring the realms of wellbeing and nutrition in an educational way and developing themselves on a variety of skill topics including communication, transitions, and teaching. We invite all cadets, that are CDT and above, to participate.
- g. Training Events Planned: Workout videos, interactive nutrition advice, health tips.
- h. With the current situations of COVID-19, students have had to adapt to doing their studies as well as their CACC leadership from home. We have seen this as an opportunity to connect with a larger group of the Corps, raise morale, and assist in building upon one of the characteristics of a leader. We want to allow cadets to learn in a fun, educational environment and will attempt to restore physical fitness despite the current pandemic.

2. MISSION: The California Cadet Corps will provide a series of cadet-led how-to videos on YouTube beginning in November 2020 and concluding in May 2021 to build morale, physical strength, and mental ability in an instructional way. Cadets encourage the health and wellbeing of their peers, and 10th Corps spotlights leaders around the state of all ages. Cadets will gain knowledge necessary to be well-rounded, physically-fit leaders able to teach others what they've learned and become successful leaders.

3. EXECUTION:

- a. Commander's Intent: To conduct a series of cadet-led videos that provide individuals with knowledge to maintain physical, mental, and nutritional fitness throughout the quarantine. Interested cadets around the state (of all ages and ranks) will provide brief, replayable training that will allow the cadet leaders to be educated, responsible, decisive, and healthy to overcome current and future challenges. This event will keep a sense of unity and camaraderie within the corps, thus resulting in a building of knowledge and gaining of greater respect for themselves and their fellow cadets. Essayons!
- b. Concept of Operations: Cadets select a type of workout or nutrition video they would like to create and submit it to a Google Form. The video will be checked by various review boards to eventually be submitted on YouTube after approval. In order to ensure this process is executed correctly, members of the 10th Corps will provide example videos to guide cadets as well as publish an instructional video as to how the process works.
- c. Goals:
 - (1) Goal 1 is to create a safe atmosphere for the cadets to showcase their leadership capabilities and pass what they learn on to their units, for battalion and brigade level.

(2) Goal 2 is to enhance the cadet’s self-confidence and sense of unity within the Corps by producing an interactive environment for the cadets to learn with other cadets in California.

(3) Goal 3 is to allow cadets to have fun and teach others in a distanced environment.

(4) Goal 4 is to encourage cadets to push themselves physically and mentally to see growth and achieve their personal fitness goals.

d. Objectives:

(1) The statewide program will allow cadets to expand their fitness and nutritional knowledge, and allow cadets to grow despite the virtual, distanced environment.

(2) The Cadets of this program will feel empowered to better themselves, showcase their interests, and teach other cadets their knowledge.

(3) Cadet leaders will enhance their communicative skills to accomplish the event mission and will take steps in unifying the statewide program.

e. Leaders & Staff Assignments: HQCACC will be staffing this event with the assistance of the 10th Corps Staff.

f. Application Process: Individuals interested in uploading a fun, educational nutrition/workout video for this new YouTube series must fill out this form:

<https://forms.gle/ivpTPNVPwTnCb7E8>. This will include the name, preferred email, unit and phone number of the participant. When interested participants fill out the form, make sure to have your video ready. Please watch the introduction video on the 10th Corps Youtube page for guidance on how to sign up.

(1) Video guidelines: Cadets interested in submitting a video must choose the type of content that the video will explain (eg. Cardio/Endurance, Strength Building, Balance Training, Flexibility, or Nutrition). The length of the video must be between five to fifteen minutes and the title of the video that you choose must pair well with your video (the reviewers will adjust the same if they see fit). Cadets should familiarize themselves with the following grading rubric (below) for success in their videos and reference any CACC material about PT and/or nutrition. 10th Corps Staff will assist if cadets are struggling with this process and the cadets are encouraged to contact cadets3@cacadets.org for assistance.

	Approved	Rejected
Appropriate	All content in the video is appropriate and reflects well on the cadet. The cadet is wearing the standard issue CACC PT gear or is wearing a Cadet Corps shirt with gray/black/white pants.	The content in the video is not appropriate and reflects poorly on the cadet. The cadet is not wearing the designated uniform.
Time Restrictions	The video is between five and fifteen minutes and corresponds with the time the cadet dictated on the Google Form.	The video is longer/shorter than the five to fifteen minute limitations and fails to correspond with the time given on the Google Form.
Meets Objectives	The cadet has made this video with the intentions that his/her peers will learn from it and has constructed a safe, educated workout plan as illustrated in the video.	The cadet fails to meet the objectives and does not have the intention of educating his/her peers.
Completed Consent Form	The cadet has completed the photo consent form and attached it to the Google Form.	The cadet failed to complete the photo consent form and/or is missing information.
Creativity	The cadet has made his/her video creative and represents the best the Corps has to offer.	The cadet's video lacks creativity.

g. Cost: There will be no cost to submit a video for this event.

i. Uniform: All cadets that wish to submit a formal video must be dressed in either CACC PT gear or a black shirt with black/gray sweatpants/shorts. If you are unable to find this uniform to wear, please contact cadets3@cacadets.org for alternate arrangements.

j. Awards: Cadets that get their video uploaded to the HQCACC YouTube page for excellence and creativity will be awarded the Physical Fitness Competition Ribbon for their hard work and dedication to the Corps. Special cadets will receive the Essayons ribbon for exception ribbons and out-of-the-box videos that provide cadets with superior physical fitness/nutritional instruction.

4. COMMAND AND CONTROL:

a. Cadet Commander for this event will be the 10th Corps Training and Operations Officer, C/LTC Lorelei Santa Maria.

b. Event Staff Advisor: MAJ Cook-Askins

c. Questions may be addressed to the 10th Corps S-3 by emailing cadets3@cacadets.org.

ACKNOWLEDGE:

Kyla Manning
C/LTC, CACC

DISTRIBUTION:

BDE Advisor

BDE SPO

BDE CDR & Staff

BN CDRs & Staff

All Commandants