



## LEGACY HIGH SCHOOL JROTC

### RAIDER TEAM INFORMATION PAPER AND PARENT/GUARDIAN RELEASE FORM

Legacy High School JROTC is starting a new, challenging and exceptionally elite competition team known as the Raider Team. The Raider Team is loosely modeled after the Special Operations Army Rangers. This 12-cadet team must consist of a minimum of ten male cadets and a minimum of two female cadets. Our team values include exemplary devotion to fitness, excellent self-discipline and completely selfless commitment to the team and our comrades. Raiders wear the distinctive Raider Tab on their uniform, a black Raider cord, and a Raider Team arc badge. But believe me, each will have to work very hard to **earn** and keep each of these unique uniform devices. No Raider is ever to be left behind during any event, especially because of UIL eligibility rules. Grades are extremely important. We are one team. Raider Teams compete against other schools in the following events:

**Forced March:** A team march in complete fatigue uniform and boots with 1 quart of water to hydrate while walking. The distances vary per event, but almost always are a minimum of 3 miles in length.

**PT Test:** Each Raider completes the standard Army PT Test.

**First Aid:** The team members must perform basic first aid and transport the casualty using the standard litter and improvised litters.

**Land Navigation:** The Raiders must navigate from one location to another on unfamiliar terrain using a map and a compass.

**Obstacle Course:** Each site uses a proprietary obstacle course, therefore upper, lower body and abdominal strength is paramount to team success.

**One Rope Bridge:** The Raider Team constructs a one-rope bridge across a 60-foot gully, safely moves each team member across to the other side, then disassembles the rope bridge and continues its mission.

**Low Crawl/High Crawl:** The team members negotiate a course on their bellies using their legs and arms to propel themselves to the other side of the obstacle. Raiders will always get muddy!

**Each candidate must turn in their release form and the results of their MISD Sports Physical exam prior to the first physical training session.**

The physical training is required to evaluate the candidates for suitability for training and to safely acclimate the candidates for training in the current humid, hot weather.

The PT Test will be conducted the first Monday in December, starting on the football field and will consist of the following events:

Pushups: 1 minute of pushups graded IAW FM 21-20. Each candidate must score a minimum of 30 correct pushups in one minute.

Sit-ups: 1 minute of sit-ups graded IAW FM 21-20. Each candidate must score a minimum of 50 pushups.

Pull-Ups: Each Raider, starting from a 'dead hang', must execute five perfect pull-ups. This means the body is rigid and locked, arms begin fully stretched, and no kicking occurs throughout the attempt to raise chin entirely above the bar.

Flexed Arm Hang: Each Raider that cannot do pull-ups must hang with chin above the bar for 45 seconds.

1-Mile Run: Each candidate must complete the run without physical assistance in less than 16:30.

2-Mile Forced March: All candidates must complete the road march course (3 laps around entire Legacy campus) wearing PT attire (with water bottle in hand) in less than 30 minutes. Stopping to rest, drink, or quit, will result in disqualification from the competition.

**Dehydration, Its Effects on Performance, and its Relationship to Heat Illness**

1. Dehydration can affect an athlete's performance in less than an hour of exercise — sooner if the athlete begins the session dehydrated.
2. Dehydration of just one to two percent of body weight (only 1.5-3 lb. for a 150-pound athlete) can negatively influence performance.
3. Dehydration of greater than three percent of body weight increases an athlete's risk of heat illness (heat cramps, heat exhaustion, heat stroke).
4. High-body-fat athletes can have a harder time with exercise and can become dehydrated faster than lower-body-fat athletes working out under the same environmental conditions.
5. Poor acclimatization/fitness levels can greatly contribute to an athlete's dehydration problems.
6. Medications/fevers greatly affect an athlete's dehydration problems.
7. Environmental temperature and humidity both contribute to dehydration and heat illnesses.
8. Clothing, such as dark, bulky, or rubber protective equipment can drastically increase the chance of heat illness and dehydration.
9. Wear light-weight and light-colored clothing.

**LEGACY HIGH SCHOOL JROTC RAIDER TEAM PARENT/GUARDIAN RELEASE**

I, \_\_\_\_\_, the undersigned, grant specific permission for Cadet \_\_\_\_\_ to compete for a position on the prestigious Raider Team. I understand that the physical fitness and practice requirements are critical to the success of this specific team. I release from liability the entire Mansfield Independent School District and its employees and assigns in the event of an injury or death sustained during either practice or competition. I attest with my signature that I have read the Raider Information Paper and acknowledge that this team trains skills that promote teamwork, develop leadership skills and promote good sportsmanship. I know that the Raider Team is not intended to train military skills for use by the armed forces of the United States. I will support Cadet \_\_\_\_\_ throughout the Raider competition season and will strive to ensure that I remain informed on upcoming events and make necessary arrangements for my student to attend with the team.

\_\_\_\_\_ (signature, please sign in presence of a notary)

\_\_\_\_\_ (printed name)

\_\_\_\_\_ (emergency contact phone #)

\_\_\_\_\_ (alternate emergency phone #)

**Notary Public Signature and Seal:**

I acknowledge that the individual whose signature appears above signed this document in my presence and provided sufficient identification to establish their identity prior to signing this document.

\_\_\_\_\_ (signature)

\_\_\_\_\_ (date)

Affix seal here