

UPDATED FOR 2026

# EXTREME MILITARY CHALLENGE!



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# PARENTS' GUIDE

For the most up-to-date information regarding summer 2026 please join and monitor: [www.facebook.com/groups/XMCCampParents](https://www.facebook.com/groups/XMCCampParents). The XMC FB Parents' Group is also where you will find daily updates this summer as well as the best resource after the Parents' Guide to prepare for the summer.

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**EXTREME MILITARY CHALLENGE!**



**RESPECT ★ INTEGRITY ★ PRIDE**



# Liberty Communications, LLC

15719 Alabama Highway 157 • Battleground, AL 35179  
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## FROM THE DESK OF THE COMMANDER:



**COL JOSEPH M. LAND, SR., XMC**  
COMMANDER  
EXTREME MILITARY CHALLENGE!

**Congratulations!** You have taken a first step towards the *Adventure of a Lifetime* by enrolling your child in **Extreme Military Challenge!** The weeks that lie ahead this summer are guaranteed to be challenging, exciting and fun!

My staff and I are extremely dedicated to providing a military-style summer program which gives young people an insight to their inner strength, while emphasizing the importance of serving others. Your child will experience activities which are unlike anything their classmates can even imagine!

This Parents' Guide is provided to assist you throughout your journey before, during and after our program. While it is called the Parents' Guide we strongly encourage you have your son/daughter read it thoroughly as well. We have worked diligently to provide the following:

- « **PRIOR TO ARRIVAL:** Tools and information to assist you as you prepare for camp.
- « **RECEIVING DAY ("R-Day"):** Detailed information on your first day with us, including location, attire, transportation and much more.

- « **DURING TRAINING:** What will it be like while your Cadet or Recruit is with us.
- « **GRADUATION:** The ceremony, attire, departure process, etc.
- « **RESOURCES and INFORMATION:** Answers to many of your questions.

I have had the privilege of serving over 40 years in uniform, both on active duty and with military Cadet programs nationwide. Collectively, my team and I have over 400 years in uniform. Our summer staff, consisting of Drill Instructors, Platoon Sergeants and a variety of support personnel, are the best qualified professionals in the world. Each has been hand-picked based on extensive military experience, skills as a trainer, and a solid background working with young people. We are all extremely proud to have the opportunity to provide your son or daughter with a high-adventure experience this summer.

Please keep in mind that our programs are very realistic and tough. We expect much out of our participants and in the same vein we expect the same discipline and attention to detail from parents. This guide should answer 99% of your questions. **Please ensure you read this guide thoroughly.** If you have a question that is not covered here, be sure to post it to the XMC Parents' Facebook Group. "Veteran Parents" (those who have been through a summer) and the staff will provide an answer, usually within a few hours. Use the **SEARCH** feature in the Facebook Group to look for answers to questions. If you ask a question that is covered here you will almost certainly be told to "Refer to the Parent's Guide."

My team and I thank you again for choosing **Extreme Military Challenge!** Should you have any questions which are not answered by this guide, and are not answered through the Parents' Facebook Group, please feel free to contact us at [admissions@xmccamp.com](mailto:admissions@xmccamp.com) or 855-XMC-CAMP

## Mega-Hooah!



**JOSEPH M. LAND, SR.**

President

*Liberty Communications, LLC*



# Unlock the leader in you.

Two-, three-, and four-year scholarships are available for qualified students at Senior Military Colleges (SMC) and Military Junior Colleges (MJC). Army ROTC scholarships cover tuition and fees, room and board, a book allowance per semester, and a monthly stipend. Become an Army Officer in just two years through the Military Junior College Early Commissioning Program.

For more information about Army ROTC scholarships and Military Colleges, email [MC-info@army.mil](mailto:MC-info@army.mil) or text MCINFO to GOARMY (462769).

## BE ALL YOU CAN BE.

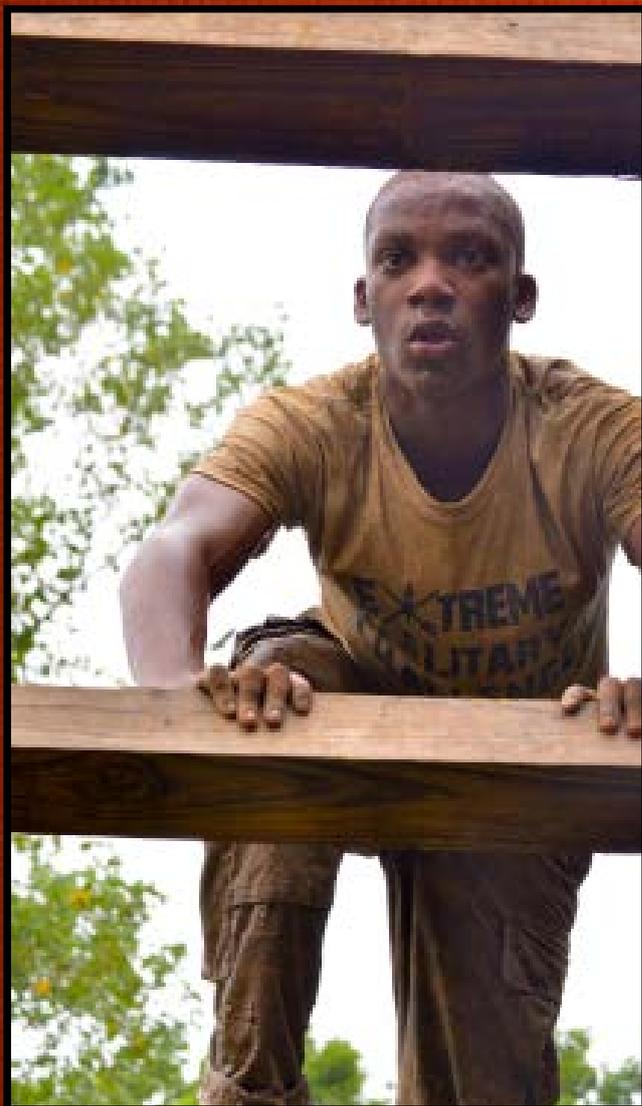


# HINTS ON PREPARING FOR THE SUMMER

**H**ello Parents and Challengers I'm Joseph M. Land, Jr., the Director of Admissions for *Extreme Military Challenge!* I have been working with teen military camps since I was a teen myself and as an adult for the last 17+ years.

I wrote the first version of this list in 2001 when I was the Senior Cadet Advisor to the National Commander of a nationwide military Cadet program. These are lessons I learned from attending, supporting, and leading summer camps for over 20 years. These are hints that are tried and tested, so trust me they work.

- Get comfortable with your CampMinder Account at [xmccamp.campintouch.com](http://xmccamp.campintouch.com). You will need to login (a parent's account) to make payments, add PX money, and most importantly to upload your necessary forms for this summer. XMC does not accept any documentation or payment by mail. This information is vital for Parents, but Challengers (You) need to be aware of the process as well. We HIGHLY recommend uploading forms into CampMinder rather than faxing them in. We will keep that option, but uploading gives us cleaner images to work from. If you need help with anything first check the Parents' FB Group, there are thousands of members who can answer questions.
- This is going to be a challenging experience. I have had the privilege of working with 3000+ teens and all who WANTED to complete the challenging task ahead of you were successful. Perseverance is key. The first 24-36 hours might be some of the hardest of your lives thus far, pushing your limits will give you a personal resilience that will serve you the rest of your life. A helpful way to keep yourself motivated is to write yourself letters prior to camp with reminders of why you're pushing yourself and mail them to yourself at XMC.
- Start drinking less soda and drink more water NOW. This is just a good habit for staying healthy. By reducing the amount of sugar your body intakes now you will not feel "weak" at camp from sugar withdrawals. Drink water, water and more water. When at camp you will be told to salt your food. This is to help with your water retention and to avoid dehydration. Your safety is always our primary concern.





- You're not going to have your cell phone at camp. That is going to be tough to acclimate to for both you and your parents. Start dealing with that reality now. Only bring your phone to check-in if you are flying in or out, and make sure to power it off before turning it in. It will then be secured with the camp until you leave. Pictures and videos will be uploaded to Facebook regularly for families to follow along with the programs.
- Stencil everything you bring and make sure you wash it all at least once before you pack. This ensures that the stenciling won't wash off. Also, be aware of where you are placing your stencil (Initials and last 4 of SSN) so that it can't be seen when the clothing is worn. I recommend buying a military quality stencil marker from a base exchange or online. [Something like this would work fine.](#)
- Start waking up early to get your body ready. In the weeks ahead of camp you should be waking up no later than 7 am to help prepare yourself. This means also getting used to going to sleep around 10 pm. You will accomplish more by 9 am than most people do all day! Practice rolling right out of bed as soon as your alarm gets you up.
- Start running and exercising now, in order to prepare your body for camp. Make sure you start early in the morning after you wake up so you are accustomed to physical activity early in the day.
- If you are not sure about passing the PT test by the end of the course, which is based on the Army's Physical Fitness Test (2 minutes of Push-ups, 2 minutes of Sit-ups and a 2-mile run) there are a couple of fitness routines I recommend. To improve on the running, a great program to get you on your feet and progress to the point of running ~3 miles can be found at <http://www.c25k.com/> . If you're concerned about push-ups or sit-ups this site has some good training plans: <http://www.army-fitness.com/>

- Write in your notebook the addresses of your family and friends as well as your parent's phone numbers. That way you won't have to ask anyone to look up the number when you make calls home. You WILL have to write to somebody and you will NOT have access to email, Facebook, etc. We don't care if you also write to your girlfriend/boyfriend, but you must send letters to your parents. Also, make sure that you write down your "Battle Buddies" information so that you can keep in touch after the summer. You will make a lot of friends at camp. Many will be friends for life. Pre-addressing envelopes will save you a lot of time.
- Running more will help toughen your feet but I recommend getting a pair of insoles for your boots. These are considered a "preventative medication" in terms of the Packing List. They will help reduce the number of blisters you develop. [Here is a decent example.](#)
- If you wear contacts, you must bring a pair of glasses. You are not allowed to wear contacts on the firing range and during some other activities. It is unauthorized, dangerous (risk of gun powder getting under your contacts and messing up your eyes), and you won't shoot as well. If you wear glasses, bring an extra pair, if possible. Don't wear your good pair on the obstacle course or during PT, in case they fall off and get stepped on. They might look strange to you but a glasses strap can be a lifesaver.
- Make sure you bring exactly what is on the packing list. If the list is not clear on the amount of something (i.e. toothpaste) make sure you bring enough to last during your time at Camp Liberty. Do not bring anything not on the list. There is some flexibility in regards to hygiene products. Anything else that is brought that isn't on the list will be confiscated. Overseas participants who are being dropped-off by a parent at check-in should turn-in their passport in case of an emergency need to go home mid-camp.
- Wearing your shower shoes is a must. They are one of the items that you will be issued when you arrive. Wear them or another form of footwear at all times. If you don't, you will most likely contract Athlete's foot, or worse. Keep your feet covered when you're walking around!



- The first few days are tough, so don't take it personal. A lot of people get nick names as people attempt to learn everyone's names. Try not to get offended by them. Keep your focus and keep pushing yourself. Depend on your Battle Buddies. Think about someone who inspires you who will be proud to see you graduate. **DO NOT GIVE UP!**
- Get a Medicated Body Powder or equivalent. Rub your feet down with this before you put on your socks. This keeps your feet from getting moist from sweating and greatly reduces the likelihood of having blisters. Do not sleep with socks on. Airing your feet at night is important to toughen them.
- Make sure you take a shower and brush your teeth every chance you can. Don't be shy. People will notice you less if you take a shower with them around than if you stink next to them in formation. If you are concerned about someone else's behavior then speak to your Drill Instructor.
- Bring a Bible or other spiritual reference, if you are so inclined. Reading a few scriptures or motivational quotes each night is a good way to strengthen your resolve.
- Make sure you use teamwork throughout camp. It will make everything go easier. Lean on others and let them lean on you. This is not a solo experience. Never make your rack (bed) alone. Always have someone help you and you in turn, help them. Two heads are better than one and three are better than two. No one can make their bunk alone quick enough to satisfy your Drill Instructor.
- Watch what you eat while at camp. You need calories, but you also don't want to weigh yourself down. Remember: "**Take what you eat, eat what you take.**" Whatever you leave the serving line with you are going to have to eat. You will not have the luxury of being a picky eater, deal with that reality now. You will not have the option to pick and choose. You will eat salads and vegetables. Hydrate, hydrate, hydrate. Water will help keep you safe.
- Don't be alarmed if you don't make regular use of Camp Liberty's fine latrine (restroom) facilities for the first few days. Because of the nervousness which comes with being at camp, as well as the initial stress, your body tends to tense up. If you don't "go" after awhile, let someone know. Don't worry too much, the tension will eventually subside. Worst case scenario we always have some prune juice waiting for you.
- Have fun! You will discover new inner strengths and test your limits like never before, but you will also be doing some amazing activities that no one else you know has ever done. When you are struggling remember that the most important step you can take isn't the first one but the next one. Don't stop trying.



# **SPECIAL HINTS FOR FEMALES**

- If a female's hair falls below the lower edge of their collar, they are obligated to wear their hair in a tight bun, single ponytail or in single or double braid. No hair accessories should be excessively visible, and all hair accessories will match the color of the female's hair. I recommend purchasing a pack (or 2) of hair-ties from the "Hair-Care" section of the store in your hair color; they come in different shades of black, blonde, brunette and red.



- If the bottom of a female's hair is short enough so that it falls above the lower edge of the collar, then the hair may be worn down, however, it must be in a neat, trimmed style. No eccentric hair styles or colors are to be worn, including any color that would not be considered a natural color (this includes bleached), or any two-toned highlights. Whether a female's hair be worn up or down, hairspray or gel must be used to secure any loose pieces or "fly-away's."
- For female's wearing their hair in a bun, I recommend non-aerosol hairspray with the highest amount of hold. For females wearing their hair down, a pump hairspray with lower hold would be a better choice. Hair pins are a helpful item to have, however no large or eccentric clips are allowed. These items are considered "personal hygiene" on the packing list, bring what you think you will need.
- Females and Challengers in general should arrive to camp with no make-up and no nail polish, and with a natural hair color. Non-ear piercings should have skintone silicone inserts to prevent closing.
- **Females have every opportunity as the males in terms of succeeding and failing. It takes mental fortitude and teamwork. While your fellow females may be in different platoons you will still be spending your evening time with each other. Help each other succeed!**

Camp isn't easy. It's not meant to be. You will make friends that can last a lifetime. Learn new things and find out what you are made of. Just remember that the job of the cadre is the safety of our troops. So don't worry if we push you hard, we are still always looking out for you. Your safety and well-being are our number one priority as leaders.

I look forward to seeing you at Camp Liberty for **Extreme Military Challenge!** this summer.

A handwritten signature in black ink, appearing to read "Joe Land".

**JOSEPH M. LAND, JR.**  
Director of Admissions  
*Extreme Military Challenge!*

# PHYSICAL HISTORY AND EXAMINATION

Each Cadet or Recruit must be up to the task. All must complete an enhanced "Sports Physical," **within 60 days of starting camp**, validating that they can fully participate in a very physical and challenging environment. The physical is online in your CampMinder account, physicals must be filled-out on the provided XMC form. Each year the form updates and is added NLT April. We understand that many participants will have had a physical done earlier in the year, but we will need a new one before the summer to ensure no new issues have arisen. A new physical is required every summer.

Many young people are on prescription medications, for a variety of reasons. Our preference is for each Cadet or Recruit to not have such a requirement. We have learned that's simply not always possible. Medications and any conditions they are meant to treat **MUST** be listed on the completed physical and entered into the online Health History form.

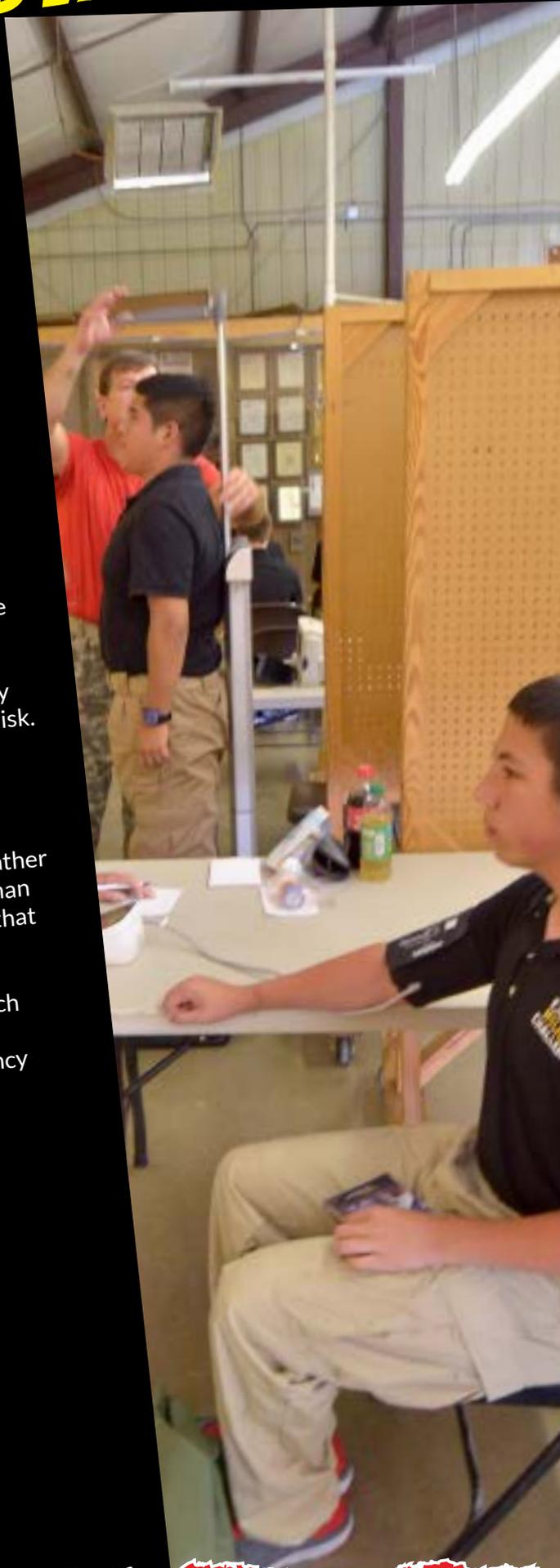
Thus, all medications must be approved in advance through the admissions process. Many are easily approved (common meds for ADHD, for example). What we cannot approve are those psychotropic medications which are so mind-altering that they could put the young person, as well as those around them, at risk. We deal with these applicants on a case-by-case basis.

While some medications can be disqualifying, it is vitally important that parents/guardians divulge ALL required medications or other physical ailments. Frankly, we would rather disappoint a young person by disqualifying them for XMC, than to put them at risk by having them participate in a program that is more than they are capable of.

A qualified medical professional will conduct "Med Call" each day, as required. Recruits and Cadets will not keep their medications on their person with the exception of emergency

**Challengers should not bring any non-prescription drugs such as acetaminophen or aspirin, sports drinks or powders with them to Camp Liberty.**

**All prescription medications and vitamins must be pre-approved and turned into the Camp Liberty Medical Aid Station on Receiving Day ("R-Day") in their original packaging.**



# ***PACKING YOUR GEAR***

All gear is to be carried in a standard military-issue duffel bag, available from any surplus store or online. [Here is an example.](#)

Do not bring civilian luggage, as there will not be room in the barracks. Your issued items, listed on pages 24-25, will go home with you in your duffel bag. Do NOT bring anything not listed on the Packing List. Pack only the quantities on the list. When you arrive, you will carry your duffel bag on your left shoulder.

Place all your different items into large clear ziplock bags for easy check-in when you arrive. Everyone goes through a bagcheck to make sure they have everything. Hygiene items should be double bagged to avoid spills.





# ***MARKING YOUR GEAR***

Mark all items with your three initials (two if you do not have a middle name) and the last four digits of your Social Security Number (i.e.: "JPG1094"), using a laundry marking pen. For international Challengers you may use the last 4 of your passport #. Do NOT use a standard "Sharpie," as the ink will bleed. You should mark on the item's tag/label or in a location that is not visible when worn but easily found. Inside the waist for underwear, and on the heel area for socks.

Be sure your markings are clearly visible and as large as is prudent. We recommend that you wash any clothing that is marked at least once before camp to be sure that the markings stay in place. When packing for camp, bundle items together in Ziplock bags to make the check-in process smoother.

Recruits/Cadets will be washing clothes with their "Battle Buddy" during the summer, and it is very common for items to be mixed-up and abandoned. The best way to make sure your son/daughter arrives home with all items they arrived with is to ensure their stencil/marking is clearly read and on everything.

**JPG1094**



# RECEIVING DAY



# **ARRIVAL ATTIRE**

The official arrival uniform for Receiving Day (“R-Day”) is a plain black polo shirt (or XMC polo) and tan/khaki trousers. Pants should be “tactical” style, or allow for ease of movement. Should not be skin-tight. See link below for example.

**Returning XMC Cadets** will wear their XMC polo shirt, tan pants, tan belt and either tan combat boots or athletic shoes. New Recruits will wear either an XMC polo shirt or a plain black polo with no logo, tan pants with a plain brown belt from home and their athletic shoes.

The polo shirt will be **tucked in**, with all but the top button secured. Challengers will have their belt lined up with the “gig line” (the fly of the trousers). Boots/shoes will be securely tied.

[We recommend “tactical” trousers like the ones linked \(click to open window\).](#)

The official XMC Polo Shirt is also available through your CampMinder account (xmccamp.campintouch.com) Go to Forms > Additional Options and from there you can add a polo shirt to your account which will be mailed to you at the end of May. Having an XMC Polo is not required for first-time Challengers. Returning Cadets need to have at least one XMC Polo.

**Returning Cadets MAY NOT arrive to camp wearing ACUs. Travel in uniform while not under the supervision of XMC staff is prohibited.**

# ARRIVAL INFORMATION

Check-in for all First-Time Recruits will take place at the same location, West Point High School down the road from Camp Liberty. Returning Cadets will check in at either West Point High School or Camp Liberty based on start date as shown below (any date not listed will report to Camp Liberty):

|                |                                  |
|----------------|----------------------------------|
| June 7, 2026:  | Report to West Point High School |
| June 14, 2026: | Report to West Point High School |
| June 28, 2026: | Report to West Point High School |
| July 12, 2026: | Report to Camp Liberty           |

The address for West Point High School is:

4314 County Road 1141 Cullman, AL 35057

The address for Camp Liberty (You can also just type Camp Liberty into Google Maps) is:

15719 Alabama Highway 157, Battleground, Alabama 35179

## CELL PHONES AND PHONE CALLS

All Cadets and Recruits are required to turn-in their cell phones/electronics upon arrival at **Extreme Military Challenge!** The phones will be kept in storage and returned as part of the Graduation check-out process. We recommend only those flying in bring their phones.

All Cadets and Recruits will be given the opportunity to make a phone call on either the Tuesday or Wednesday prior to each of their Graduations, typically between 1800-2130 (6 pm - 9:30 pm CDT). Follow the XMC Parents' Facebook Group for updates for when your Challenger will be calling home. These are very brief calls. The incoming number from the Camp Liberty Call Center is (251) 436-1775, this number does not receive calls.

To reach the Staff Duty Officer during camp, call (855) 962-2267 (CAMP). If there are any emergencies, etc., please contact our Staff Duty Officer as soon as possible. We will work through the issue quickly and advise you of the resolution.

## SAFE ARRIVAL CALL

Challengers who travel in by plane will make a scripted "Safe Arrival Call" as part of the check-in process. Challengers will have already turned-in their cell phones, so do not attempt to call them that way.

Please be sure to answer your calls that afternoon. If your Cadet or Recruit does not get through to you, they will leave a voicemail message. At that point, they will not be able to receive return calls, as others will be making their outbound calls. Again, it is important that you answer all calls on the afternoon of Receiving Day ("R-Day").

The Staff Duty Officer phone is NOT for "checking-in on" the Challengers. For updates on your Cadet or Recruit, go to the Parents' Facebook Group.

# BIRMINGHAM-SHUTTLESWORTH INTERNATIONAL AIRPORT

## **AIRPORT INFORMATION : BIRMINGHAM-SHUTTLESWORTH INTER. AIRPORT**

All flights that XMC is providing transportation for will be in and out of the Birmingham-Shuttlesworth International Airport (BHM). Receiving Days are the FIRST DAY OF YOUR COURSE (Sunday) and departures are Saturdays after Graduating. Your son/daughter should not arrive on any day other than their 1st course day.

Upon arrival to BHM, all Challengers are to go to Baggage Claim #4 and a member of the XMC Cadre will be there to meet them.

If your Challenger is flying as an Unescorted Minor, you will need to provide the name of the officer who will assume custody of your child. That individual will be identified and posted on the Parents' Facebook Group not later than two weeks prior to training. Please tell the airline we will have dozens of Challengers arriving that day and will not be able to pass back and forth through security to claim arrivals at the gates.



We will provide dinner as the first meal on R-Day, and breakfast as the last meal on the day of Graduation Review. We recommend Challengers travel with a moderate amount of spending money to cover all other meals while in transit. Wallets with cash will be secured with all other contraband at check-in and returned at check-out.

You will need to check-in and pay for a checked-bag online for your child's flight. This is available 24 hours before departure. You will also need to plan on your child having a checked bag on their return. Their duffle bag will have much more in it when they depart XMC. As a general guideline your Cadet or Recruit age 15+ should have a government-issued photo ID for check in, boarding passes and security screening. Policies vary by airline.

If there are changes to flight information prior to the flight day please update the Transportation Form in your CampMinder account. For delays/changes on the travel day please EMAIL (we will repond to show receipt) the new information to [admissions@xmccamp.com](mailto:admissions@xmccamp.com). Do not call us as more likely than not we are already aware of flight delays.

BHM Arrival Times: 9 am CDT - 4 pm (if arriving early there will not be a staff member and they should wait at Baggage Claim 4.) These are ideal times for your flight, but we will ***pick-up through the end of the day*** in case of a delay or an international/cross-continent flight.

BHM Departure Times: 3 pm CDT or later (***we will not promise arrival in time for any departure before 3 pm***) please schedule the earliest flight that departs after 3 pm.

**July 25th flights should be booked after 11 am CDT and before 4 pm if possible.**

# RECEIVING DAY CHECK-IN

Check-in will start at 12 PM CST, on each program's start date. Please review the list on the page 16 for which location your program is checking-in at. For programs that are driving in and will be checking in at the West Point High School your check-in times will be based on last name, as follows:

**12 PM:** Last Name A-E    **1 PM:** Last Name F-K    **2 PM:** Last Name L-R    **3 PM:** Last Name S-Z

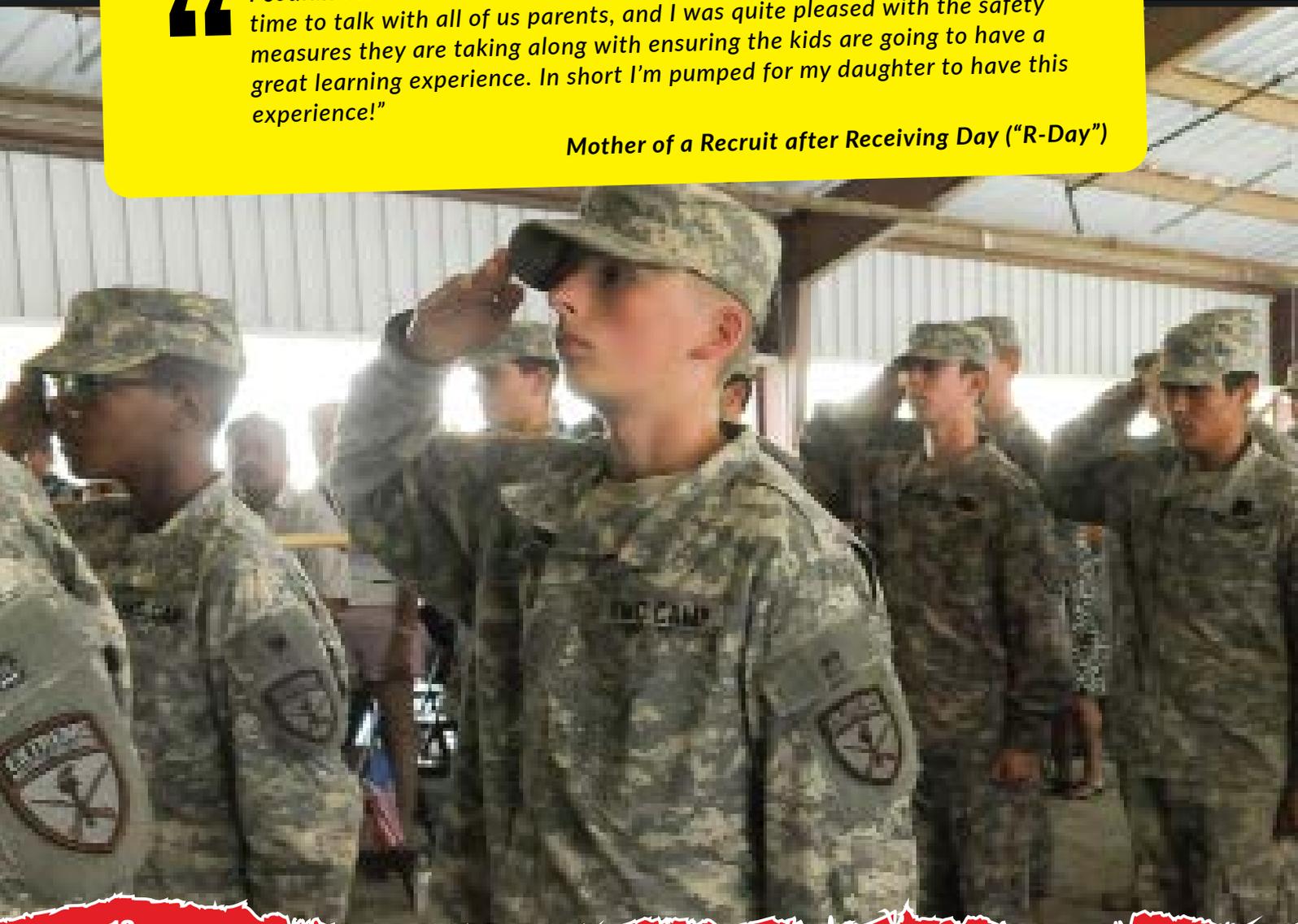
Check-in will start precisely at the time indicated above. Please remain in your car until you see XMC Cadre call for your wave. Arriving early will not result in an early check-in, regardless of the circumstances (flight, distance, etc.). Parents, please plan on 1 hour from your check-in time before you will be able to leave.

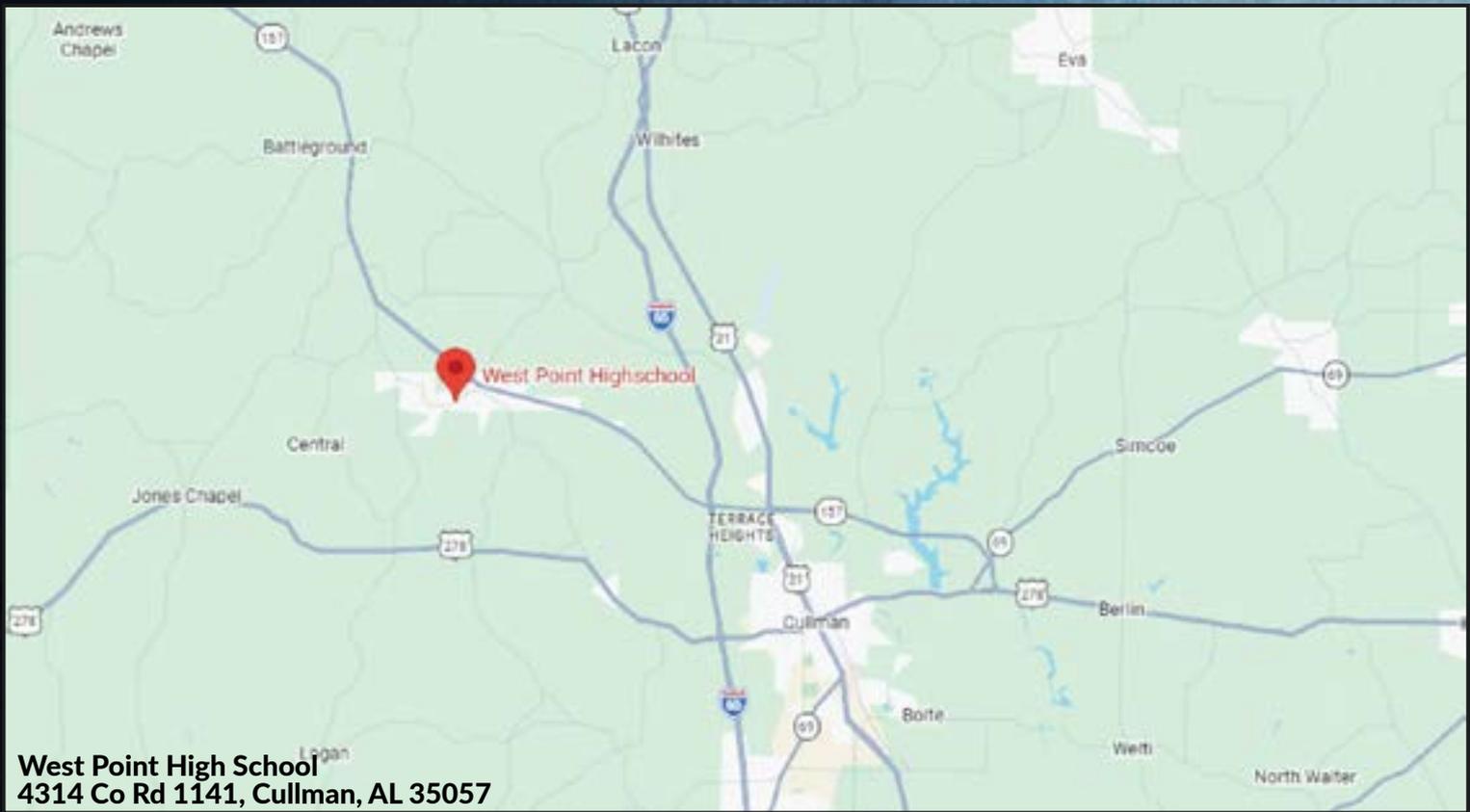
Parents are to stay up until the Medical Screening portion of the check-in process. Please make sure all forms are uploaded to your account at least 48 hours before arrival to camp at [xmccamp.campintouch.com](http://xmccamp.campintouch.com) (then the Forms menu) to facilitate the check-in process. The first meal XMC provides is Dinner on check-in days, please make sure your Challenger has had lunch prior to checking-in.

**For programs checking-in at Camp Liberty, please arrive between 1 pm - 2 pm and report to the front of the Command Post. These programs have fewer Cadets checking-in so we anticipate little wait time for parents.**

“ I couldn't have been more pleased with the caliber of the Cadre. They took time to talk with all of us parents, and I was quite pleased with the safety measures they are taking along with ensuring the kids are going to have a great learning experience. In short I'm pumped for my daughter to have this experience!”

*Mother of a Recruit after Receiving Day (“R-Day”)*





**West Point High School**  
4314 Co Rd 1141, Cullman, AL 35057



# TRAINING SITE

**Extreme Military Challenge!** is headquartered at the high adventure training site Camp Liberty (Camp-Liberty.com) located an hour north of Birmingham and less than an hour away from Huntsville, Alabama. Each summer over 300 motivated young men and women will attend XMC programs on Camp Liberty. In addition many veteran's groups host their events and group meetings at Camp Liberty each year.

Some facility highlights include:

- **Lodging for over 250.**
- **Property built circa. 2005 with new buildings added 2016, 2019, 2021 and 2022. Brand-new Medical Aide and Training Center finished 2022.**
- **Constant renovations and upkeep with new improvements yearly.**
- **New air-conditioning in Barracks and Dining Facility.**
- **Completely separate buildings for Male and Female Challengers.**
- **76 Acre Facility with Field Training locations, including a low-ropes course.**
- **On-site Obstacle Course, Range, and other high-adventure activities.**
- **150+ Person Indoor Classroom.**
- **500+ Person outdoor Auditorium.**
- **Pugil Stick and Martial Arts training areas.**

Camp Liberty is a special place, dedicated to the men and women of the Armed Forces and our First Responders, who epitomize the American Spirit! Daily bugle calls and the raising and lowering of *Old Glory* during Retreat ceremonies conducted by the Cadets and Recruits of XMC aim to honor the men and women that have served and fought for our liberty.

**Extreme Military Challenge!** has had participants from more than 34 countries and 45 states, with 1000+ graduates.

## WELCOME TO CAMP LIBERTY

◀ COMMAND POST

◀ INDEPENDENCE LODGE

◀ CHAPEL

◀ CRAWFORD HOUSE

◀ DINING FACILITY

◀ AMPHITHEATER

◀ RANGER VILLAGE



VISITOR PARKING ▶

HERITAGE HALL ▶

DEMOCRACY HALL ▶

SWIMMING POOL ▶

FITNESS FIELD ▶

OBSTACLE COURSE ▶

COMBAT TOWN ▶

# NEARBY RESOURCES

OLYMPIC POOL

RAPPEL TOWER

MOUNTAIN RAPPELLING

LONG-DISTANCE RANGE

180K ACRE FTX SITE

500+ PERSON GRADUATION SITE

# ***GROOMING STANDARDS***

Cadets and Recruits attending ***Extreme Military Challenge!*** are required to meet the grooming standards set by the U.S. Army. Hair will be clean, well-groomed, present a professional appearance and allow proper wear of headgear. The hair color must compliment complexion and skin tone. Eccentric or faddish hairstyles are not authorized. Mustaches and beards are not permitted.

**MALE HAIR** - On Receiving Day ("R-Day"), ALL male RECRUITS will receive the haircut standard to all male basic trainees ("buzz cut") in the Army. **There are no exceptions.** We have staff that is experienced with cutting all types of hair.

Returning XMC Cadets must report to camp with a haircut where the length does not exceed 2 inches or the depth (sides) exceed 1½ inches. We recommend a #1 1/2 or smaller clipper, hair is not to be over the ears. If the XMC Cadre deems your haircut as unsatisfactory, you will be given a Recruit-style haircut before putting on your uniform. However, unlike a new Recruit your PX account will be charged \$15 for this haircut. We expect all Returning Cadets to report with a proper haircut. If a returning Cadet requires a trim later during training, it will be done by cadre at no-cost.



**FEMALE HAIR** - XMC does not have a hair-care salon for female personnel. There is no requirement for females to cut their hair. Therefore, females must have a hairstyle conducive to "wash-and-go." Females must have hairstyles that are easy to maintain and require only minimal time to prepare for training. Hair will be neatly and inconspicuously fastened or secured in either a bun, single ponytail, two braids or a single braid. Multiple locs, braids, twists or cornrows may come together in one or two braids or a single ponytail. Braids and singular ponytails may be worn down the center of the back in all uniforms, but length will not extend past the bottom of the shoulder blades.

**FINGERNAILS** - Nail polish is not authorized as a packing list item. Fingernails must not exceed  $\frac{1}{4}$  inch in length. You may pack a fingernail clipper without a nail file attachment.

**COSMETICS** - Returning Female Cadets may wear cosmetics, in moderation and in good taste, during Graduation Reviews only. First-time Challengers should not wear or bring make-up with them to camp.

**JEWELRY** - No jewelry may be worn, except a small religious medallion may be worn under the T-shirt out of view. Clear or skintone plugs may be used to maintain ear piercings, but they must be discreet.



# REQUIRED ITEMS TO BRING TO TRAINING - PACKING LIST

Items worn when checking-in count towards the required number of each item.

We encourage you to pack/group your items in clear gallon ziplock bags to speed the check-in process.

| ITEM   | QTY                              | FOR          | ✓                        |
|--|----------------------------------|--------------|--------------------------|
| ARRIVAL ATTIRE, black polo shirt (preferred XMC polo ordered through online account. Returning Cadets must have official Polo shirt), brown or tan belt, <a href="#">tan "tactical" pants</a> . 2 pants required for Cadet Fitness Challenge.                  | 1+                               | All          | <input type="checkbox"/> |
| BAGS, STORAGE (1 gallon with zip or slide) Used to pack and organize rest of items.  | 10                               | All          | <input type="checkbox"/> |
| BRASSERIE, Athletic (monotone colors)  | 4-8                              | Female       | <input type="checkbox"/> |
| BRASSERIE, White or Skin Tone  | 3                                | Female       | <input type="checkbox"/> |
| DUFFLE BAG (standard or military style in solid black/Olive Drab or camouflage pattern). No normal luggage, due to storage limitations. <a href="#">This can be purchased online</a> or any military surplus store. TSA-approved lock is optional but allowed. | 1                                | All          | <input type="checkbox"/> |
| HIGHLIGHTERS (3 different colors)  | 3                                | All          | <input type="checkbox"/> |
| HYGIENE ITEMS (i.e. Soap, shampoo, toothbrush/toothpaste, comb, brush, body powder, foot powder, deodorant, female hygiene items and hair clips/bands.) Store inside clear storage bag marked with last name. May bring wash cloth/loofah for body wash        | Sufficient for your time at XMC. | All          | <input type="checkbox"/> |
| MARKER, <a href="#">Laundry Style (May also bring a stencil set)</a>   | 1                                | All          | <input type="checkbox"/> |
| MOUTHGUARD with case, optional   | 1                                | All Optional | <input type="checkbox"/> |
| NOTEBOOK, college-ruled (pre-write home address and parent phone numbers)  | 2                                | All          | <input type="checkbox"/> |
| PEN, Black ink (recommend slim size, no gel pens)  | 6                                | All          | <input type="checkbox"/> |
| PENCIL, Mechanical   | 2                                | All          | <input type="checkbox"/> |
| PREVENTATIVE MEDICATIONS, NON-AEROSOL (Insect repellent and SPF 45+ Sun Block REQUIRED) Lotion, aloe, boot insoles, extra eyeglasses/contacts, eye glass straps, etc. No pharmaceuticals or pills.   | 1                                | All          | <input type="checkbox"/> |

It is absolutely essential that Cadets and Recruits have ALL required items on this list. Missing items must be purchased by the individual on Receiving Day ("R-Day").

| ITEM  | QTY       | FOR                   | ✓                        |
|---|-----------|-----------------------|--------------------------|
| READING MATERIALS, <b>ONE</b> non-fiction book may be brought to camp for every 2-weeks at XMC. (We do not recommend bringing textbooks) (Religious materials are optional and do not count towards this quota).  | 1-3       | All                   | <input type="checkbox"/> |
| SHAVING KIT/Small Bag, with disposable razors only (required, regardless of whether the Challenger shaves or not). Minimum; Razors, non-aerosol Shaving Cream, Aftershave lotion  | 1         | Male                  | <input type="checkbox"/> |
| SHOES, Athletic (Sneakers) (recommend running shoes over hightops).   | 1         | All                   | <input type="checkbox"/> |
| SOCKS, Athletic, White (no shorter than ankle length).  | 10 pr     | All                   | <input type="checkbox"/> |
| STATIONARY (with no less than 3 stamps per week) Letters home are mandatory. Recommend pre-addressed.   | 1         | All                   | <input type="checkbox"/> |
| <u>CUP, Athletic, White with strap (worn during martial arts training) Compression shorts with cup/protection is acceptable.</u>  | 1         | Male                  | <input type="checkbox"/> |
| SWIMSUIT, 1 Piece Only (males will use PT shorts for swim trunks)   | 1         | Female                | <input type="checkbox"/> |
| UNDERWEAR, briefs or boxer briefs, white/gray only (no boxers).   | 8         | All                   | <input type="checkbox"/> |
| <u>UNDERWEAR, athletic, synthetic moisture-wicking material, monotone (no bright colors)</u>  | 6+        | All                   | <input type="checkbox"/> |
| <b>Returning Cadets Only:</b> Bring all serviceable items; uniforms, boots, patches and otherwise. You will be issued new items, your old items will be used as extras. <u>Cadets may bring a hydration backpack.</u> (MUST be solid OD Green, Tan, Black or a current Army camo pattern) | All Items | Returning Cadets Only | <input type="checkbox"/> |
| <u>WRIST WATCH (with built-in stopwatch, no smart watches)</u>  | 1         | All                   | <input type="checkbox"/> |

- Do NOT bring knives, electronics, games, etc. They will be confiscated as contraband and not returned. Cell phones must be turned-in upon arrival and will be returned upon detaching. ***Overseas participants should bring their passport to turn-in whether flying in alone or not, in case of an immediate need to fly internationally while at camp.***
- All items are required unless specified otherwise. Do not bring items of sentimental value.
- Some programs for returning XMC Cadets may allow additional items. You will be contacted directly if that is the case. They can also be found online here: <https://www.xmccamp.com/returning-xmc-cadet-packing-lists>
- Items underlined have links to examples online.

## ***PROVIDED (ISSUED) ITEMS***

Each Cadet or Recruit will be issued the following items, which belong to them and will be taken home upon Graduation/completion of courses:

|       |                            |      |               |      |                              |
|-------|----------------------------|------|---------------|------|------------------------------|
| 2 pr  | ACU Trousers               | 1 ea | ACU Blouse    | 1 ea | ACU Patrol Cap               |
| 1 pr  | Combat Boots               | 2 pr | Boot Blousers | 1 ea | Cadet SMART book             |
| 1 set | Insignia, Name Tapes, Etc. | 5 ea | XMC T-Shirts  | 2 pr | XMC Physical Training Shorts |
| 1 ea  | Riggers' Belt              | 1 pr | Shower Shoes  | 4 pr | Socks, Boot                  |

Note: The provided XMC T-shirts and Shorts are worn to sleep each night.

XMC Cadets who are returning from previous programs should bring all previously provided uniform items, patches, combat boots, etc. with them that are in serviceable condition, allowing them to have additional uniform items available.

## ***HAND-RECEIPTED (LOANED) ITEMS***

Challengers will be loaned items, as needed, which will be returned to our Supply Department prior to departure. Lost or broken items will be replaced using the Cadet or Recruit's PX Fund. The following is a list of likely loaned items. Several items will only be issued during the Cadet Field Leader Course or Cadet Ranger School:

|      |                      |       |   |
|------|----------------------|-------|---|
| 1 ea | Flashlight           | 1 ea  | Hydration System                        |
| 2 ea | Towels, Brown        | 1 set | Sheets, Pillow, Pillow Case and Blanket |
| 1 pr | Safety Glasses       | 1 ea  | Reflective Safety Belt                  |
| 1 ea | Scrub Brush          | 1 ea  | Shelter Half                            |
| 1 ea | 3-day "Assault" Pack | 1 pr  | Safety Gloves                           |
| 1 ea | Sleeping Bag         | 1 ea  | "Rubber Duck" Training Rifle            |

## ***LAUNDRY***

Challengers will use laundry facilities in their barracks, under the guidance of XMC staff. We will provide soap and laundry bags. Be sure to mark ALL items using a Laundry (Indelible) Marker, with three initials (two, if no middle name) and the last four digits of the Social Security Number (i.e. JPS2259). Issued items will be marked on the day of issue.

It is the responsibility of the Recruits/Cadets to ensure they leave with their original items. XMC staff will conduct a "shakedown" when packing for Graduations to make sure everyone has their own items. Much is left behind each year that has stenciling which is unable to be read. This is why we stress the need to test stenciling before arriving to camp.

***If XMC will be your child's first experience doing their own laundry we highly recommend teaching them the basics prior to arrival.***

# THE DIFFERENCE BETWEEN CADETS AND RECRUITS

If you look on the back of our Challenge Coin, you will see the phrase “*Earned...Never Given!*” That is in reference to the title of “Cadet.” Unless your young person has completed Cadet Basic Training (CBT) through **Extreme Military Challenge!**, they are NOT a Cadet at this point. They are addressed as either a Recruit or as a Challenger. Challenger is the term used to refer to all XMC participants.

Upon Graduation from CBT, Recruits will have earned the title of Cadet with *Extreme Military Challenge!* and will be joining a family in the thousands. Once the title “Cadet” is earned, it remains with the Cadet as a point of pride for their whole lives, unless their actions require temporary or permanent revocation of the title by the Camp Commander.



## CHALLENGE COIN

Each Challenger who completes Cadet Basic Training with **Extreme Military Challenge!** receives the XMC Challenge Coin. The coin is an annual limited edition which is serialized. The most coveted coin is the #1 Challenge Coin, which is reserved for the Company Honor Graduate from Cadet Basic Training Session 1 each year. It is the Cadet's responsibility to keep this coin safe, replacements are not typically available.

All returning Cadets should have at least their original Challenge Coin with them and on their person when in uniform. It is a point of pride and symbolizes their accomplishment in graduating Cadet Basic Training. Cadets will get a new coin each year that they attend at least two weeks of training with XMC.



# RECOMMENDED PT PREP

COURSE JUNE 7 - 15, 2025 (1 WEEK)

## CADET FITNESS CHALLENGE



Fitness can be a real challenge for many teens today. The Cadet Fitness Challenge is a one-week program designed to help prepare Cadets and recruits for the rigors of Cadet Basic Training, Cadet Field Leader Course and Cadet Ranger School.

Cadets and recruits will be coached through an intense daily fitness regimen which is designed to improve their strength, align eating habits with a healthy diet, and increase endurance.

## OTHER RESOURCES

Running Prep: <http://www.c25k.com/>

Push-up Prep: <http://www.military.com/military-fitness/workouts/try-pushup-push-workout>

Sit-up Prep: <https://www.military.com/military-fitness/workouts/situp-test-help-improve-fast>

Overall Prep: <https://www.navyfitness.org/fitness/5-week-training-plan>



# PHYSICAL FITNESS

Each Cadet or Recruit will undergo the historical Army Physical Fitness Test (APFT), just as taken by Soldiers in the active duty Army, which is meant to test the Cadets' strength and endurance. The APFT consists of the following tasks:

- Push-ups:** Maximum number in 2 minutes
- Sit-ups:** Maximum number in 2 minutes
- 2-mile Run:** Points based on time.

All Challengers will be required to undergo the Combat Water Survival Training (CWST), which is an assessment of the individual's strength, endurance and personal courage in a water-borne situation.

Cadets in most Advanced programs will have the chance to undergo the newest ARMY ACFT.

## FITNESS STANDARDS

Each Cadet or Recruit will be administered the Physical Fitness Test at least once each week. See the end of this document for a list of the standards.

There are three events which are measured: push-ups, sit-ups, and a timed two-mile run. Challengers are required to score a minimum of 50 points per event in order to graduate Cadet Basic Training for a total minimum score of 150. Do not worry if you cannot meet the standard now. You will work daily, along with your "Battle Buddies," to achieve that goal!

Recruits must have a minimum score of 180 to enter the Cadet Ranger School after Cadet Basic Training.



For the most current fitness standards for males and females, go to the end of this document.

# COMPETITION

Each Cadet or Recruit is evaluated from the moment they arrive. They are scored on everything from reporting with a complete inventory of required items to passing the physical fitness test. They should focus on being prepared and *paying attention to detail*. Self-discipline and accountability are important factors that are constantly reinforced during training.

# GUIDON



The guidon is a great source of pride for a unit, and several military traditions have developed around it, stemming back from ancient times. The significance of the guidon flag is that it represents the unit and its commanding officer. In drill and ceremonies, the guidon and commander are always in front of the formation.

Each **Extreme Military Challenge!** Guidon is patterned after an Army branch of service, such as Cavalry, Aviation, Engineer and Infantry. Platoons receive their Guidon when the Company Commander determines they have met the basic criteria to do so through demonstration of military bearing, motivation and military drill.

# STREAMERS

Each Cadet Basic Training platoon is approximately 30-40 Recruits. We assign each platoon to be an even mix of younger and older participants as well as a mix of geographical origins. Your son or daughter will be assigned a “Battle Buddy” who is roughly their same age/size but will be in a group of teens from all over the country and the world. This way platoons are as evenly weighted as possible.

Throughout training, each platoon is in active competition against the others. Various streamers are awarded during training, including recognition as the best of the week at drill and ceremony, personnel inspection, physical fitness, motivation and much more. The ultimate goal is to earn the coveted black **Honor Platoon** streamer.



## ***SAMPLE TRAINING DAY***

|             |  |
|-------------|--|
| 0545        | Wake-up  |
| 0555        | Accountability formation   |
| 0600 - 0650 | Physical Training  |
| 0700 - 0750 | Hygiene, barracks prep, dress  |
| 0800 - 0830 | Breakfast  |
| 0830 - 1130 | Training (class, field skills, marksmanship, etc.)   |
| 1130 - 1230 | Lunch  |
| 1300 - 1400 | Barracks and Personnel Inspection  |
| 1400 - 1700 | Training   |
| 1700 - 1800 | Dinner   |
| 1830        | Retreat (lower American Flag) and Mail Call  |
| 1900 - 2100 | Company time (One-half is in self-defense training while other half is writing letters or cleaning. Each day they switch). |
| 2100 - 2200 | Hygiene, personal time   |
| 2200        | Taps/Lights Out  |
| 2200 - 0600 | Rotational 1-Hour "Fire Watch" with "Battle Buddy"*  |

*\*Fire watch is typically done every other night by each Recruit/Cadet*

## ***BILLETING***

Challengers are housed in barracks buildings based on what program they are in. New XMC Recruits will stay in open-bay barracks in the same style as true military Basic Training. They will each have a bunk in a bunk bed with storage at the end of the bed that the bunks share. The Drill Instructors will instruct them on how to maintain their areas. Each barracks will be inspected daily. There is a communal latrine with individual toilets and showers and common laundry facilities.

Challengers are assigned "Battle Buddies" in random order, except siblings are *always* billeted separately. Requests for specific group assignments will not be honored, as that is not reflective of the military basic training environment. Cadets are billeted separately from Recruits. Of course, males and females are located in separate buildings.

We have a pretty decent spread of ages, with the majority being 15-16 years old. Challengers as young as 13 and as old as 18 will train together. We intentionally do not assign Recruits of similar age together, as age, size, etc. have proven to have no bearing on performance. Oftentimes, it's the 17-year-old who is struggling, with a 13-year-old excelling. Motivation is the key factor. We do attempt to assign "Battle Buddy" pairs to be of roughly the same size so that they are able to assist each other without their being a major discrepancy in abilities. Regardless, "Battle Buddies" are also part of a squad of 8-10 and a platoon of 30-40 who will all sleep near each other and are all responsible for each other.

# VISITATION

For the safety of our Challengers we do not permit unplanned visits to the facility, except in the case of an emergency. Such visits can be very disruptive, will cause increased homesickness, and take away from the realism of being in a Basic Training environment. Once you drop off your Cadet or Recruit, you will see them next on the Friday evening of Friends and Family night.

Parents or other family members who are currently serving, or retired, military or law enforcement personnel may make arrangements for a facility tour. However, they must be in uniform during that visit and must be prepared to speak with the Cadets and Recruits regarding their professional experience. If granted this type of visit, you will not be permitted one-on-one time with your Cadet or Recruit while on-station.

Please send your request, along with a summary of your history in uniform, to [admissions@XMCCamp.com](mailto:admissions@XMCCamp.com) not less than seven days prior to the desired visitation date.

# MEALS

It has been said that “*An army marches on its stomach.*” The same holds true when it comes to the training of Challengers. We base our overall menu off of training menus used by the various military branches to ensure proper nutrition and caloric intake. The staff at the Camp Liberty Dining Facility does a great job of providing healthy, wholesome and plentiful meals. The weekly menu will typically be posted on the Parents’ Facebook Page.

We live by the mantra “...*take what you want, but eat what you take...*” teaching our Cadets and Recruits the importance of not wasting food. With that said, we are not well-suited for those who are “finicky” about their food. There are no special requests for food, except based on religious or medical needs, which have been requested *prior* to training.

# PX TIME AND FUNDS

Cadet Basic Training Recruits can earn their first PX visit after the first week of training, based on their platoon’s performance. Returning Cadets typically will have access by the 2nd or 3rd day of their course. When authorized PX, each Cadet or Recruit will be allowed to purchase a limited number of “goodies” using their PX Fund. We stock healthy snacks and drinks, no candy bars or carbonated soft drinks. This is also the time when extra hygiene products or optional uniform and equipment items can be purchased.

As time goes by, and also based on performance, we may incorporate a movie into PX time. We typically choose a military classic which can be used for later discussions regarding leadership, team-building, accountability, etc.

Adding to accounts can be done through the Parent’s Portal at [xmccamp.com](http://xmccamp.com), go to the Camp Login and enter your CampMinder Account. There you can add money through the XMC PX menu.

**Please note that all funds must be spent prior to departure from training, as there are no refunds from this account. We recommend a minimum of \$25 for every two weeks at camp.**

# FRIENDS AND FAMILY NIGHT

Friends and Family Night, which is conducted at Camp Liberty between 1800-2130 CDT (6 pm CDT to 9:30 pm CDT) on the Friday evenings before the June 27th and July 11th Graduations. **There will also be a Friends and Family night on July 24th, that will include the Graduation Ceremony for the final courses of the summer.** This is an exciting opportunity to meet your Recruit's/Cadet's new "Battle Buddies" and the XMC cadre. The evening starts with our daily Retreat Ceremony, which is the formal lowering of our nation's colors at the end of the Duty Day. You will also be able to see a multimedia presentation about the previous training weeks. Do not bring food or weapons on-post. Food truck tickets for meals will be available for pre-purchase in your CampMinder Additional Options Form. Please note that parking can be limited so we recommend carpooling.

The address for Camp Liberty (You can also just type Camp Liberty into Google Maps) is:

**15719 Alabama Highway 157, Battleground, Alabama 35179**

**SCHEDULE:** Gates will open approximately 1750 (5:50 pm CST). Visitors are asked to be on-station not later than 1805 (6:05 pm). The events will include:

- 1815 Assembly
- 1830 Retreat
- 1830 Mail Call
- 1845 Awards and Promotions
- 1900 Commander's Welcome / Multimedia Presentation/ Introduction of Cadre
- 1930 Open Post: Off-limits areas TBD.
- 2130 All Visitors off-post
- 2145 Accountability Formation and Roll Call

**ATTIRE:** Casual and comfortable. XMC Attire will be available for purchase. Military personnel, including retirees, are encouraged to wear your Service Uniform.

**INVITATION:** This is an open event. Please feel free to invite family and friends to attend.

**CAMERAS:** Cameras and video recording devices are permitted.

**FOOD:** We try to have multiple food trucks for these events. Details posted on the Parents' Facebook Group

**CUSTOMS AND COURTESIES:** Due to a recent change in Federal Law, Honorably Discharged veterans are authorized, and encouraged, to render a military-style salute during the National Anthem.

We will post more details and provide regular updates on the Parents' Facebook Group as we get closer to Friends and Family Night. Please do not bring ANYTHING to give to your Recruit/Cadet. If something needs to be passed-on please alert a staff member.

“ Friends and Family Night is an evening I will NEVER forget. The Cadets came marching around the corner, and I spotted my son right away. Tears filled my eyes (as they are right now typing this). Seeing the pride he had in himself - marching with his head held high, shoulders back and standing tall - is a sight I will always remember. During the ceremony, they were allowed to give us a hug, and I received a hug tighter than I had ever received, and a "...thank you for letting me come to camp, mom.”

Thankful Mother of a Cadet

# ***RELIGIOUS SUPPORT***

Due to the extremely rural nature of the Camp Liberty area, as well as transportation limitations, we are not able to provide religious services which can accommodate the individual needs of every Cadet or Recruit.

Therefore, we conduct a non-denominational “Moral Leadership” lesson on the weekend, which touches upon each Cadet or Recruit’s personal values and beliefs. These lessons do not go into any specific religious direction and they are conducted by our Cadre as part of our leadership lessons.

Those Cadets or Recruits who normally attend church services will have a few moments for reflection, by themselves, after the Moral Leadership class. We will accommodate religious needs, as possible, including meals and opportunity for prayer, throughout training. Specific needs must be noted in the application process or provided no later than 30 days prior to the start of their programs.

In the event of an emergency (death in the family, etc.), we will make every effort to arrange for on-site spiritual support through the local religious community.





# ***INTERNATIONAL FAMILY***

Cadets who successfully graduate from ***Extreme Military Challenge!*** never do so alone. Teamwork is paramount and is key to thriving while at camp and you never know what kind of camp “battle buddies” you’ll make that will last a lifetime. Over the last 10+ years Challengers have come from across the USA and the world to attend XMC to include:

United States and Territories (All 50 states plus Washington, D.C., Puerto Rico and Guam):

AK, AL, AR, AZ, CA, CO, CT, Wash. DC, DE, FL, GA, Guam, HI, IA, ID, IL, IN, KS, KY, LA, MA, MD, ME, MI, MN, MO, MS, MT, NC, ND, NE, NH, NJ, NM, NV, NY, OH, OK, OR, PA, Puerto Rico, RI, SC, SD, TN, TX, UT, VA, VT, WA, WI, WV, WY

Nations of Origin (41):

Azerbaijan, Bulgaria, Canada, China, Colombia, Cyprus, Czech Republic, Dominican Republic, Ecuador, Egypt, El Salvador, France, Guatemala, Germany, Hong Kong, Hungary, Iceland, Ireland, Israel, Japan, Kenya, Mexico, Mongolia, Monte Carlo, Norway, Panama, Peru, Phillipines, Poland, Romania, Russia, Saudi Arabia, Signapore, Spain, Sweden, Switzerland, Taiwan, UAE, United Kingdom, Ukraine, Uzbekistan

No matter what nation they call home all Challengers learn the motto “***Hardcore or Out the Door!***”

The staff of ***Extreme Military Challenge!*** have lead 1000s of Soldiers, Sailors, Airmen and Marines, in addition to 1000s of teenage Cadets.

# EMERGENCY CALLS

If a message is required to notify a Cadet or Recruit of an emergency situation (death or serious injury of a family member) at any time during training, please contact our Duty Number, **855-XMC-CAMP**. This line is monitored constantly but if there is no answer be sure to leave a voicemail message, which will be immediately emailed to several key personnel. We will contact you back immediately.

## CALLS HOME

All Cadets and Recruits will be given the opportunity to make a phone call on either the Tuesday or Wednesday prior to each of their CBT Graduations, typically between 1800-2130 CDT (6 pm CDT - 9:30 pm CDT). Follow the XMC Parents' Facebook Group for updates for when your Challenger will be calling home. These are very brief calls.

Your Cadet or Recruit will be calling from an unusual phone number. They get two attempts. If they get voicemail on both occasions, then they will have to wait until the next time calls are made. We will not accept inbound return calls from parents, as others are attempting to make outbound calls. **Please answer all calls rather than sending calls to voice mail when the calls home are being made.** They typically get five minutes, unless they earn extra time through exceptional performance.

Please understand that this is an important few moments. Some are struggling, homesick and faced with nearly three more weeks of training. Please be encouraging, and remind them that Cadet Basic Training is much tougher than the other courses. Once they graduate from CBT they are Cadets and their experience will change considerably due to their new standing. We maintain our military training atmosphere in all of our courses, but in line with that philosophy Cadets are expected to retain what they have learned. They do not continue to have Drill Instructors constantly on top of them, instead they have their new course Non-Commissioned Officers and Officers-in-Charge teaching them new skills and making sure they perform as expected of a graduated Cadet.

Again, this first call is critical. Some are sniffing a bit! Be supportive, tell them how proud you are and don't cringe when you hear a booming voice in the background correcting them for saying "**yeah**" rather than the expected "**yes ma'am**" and "**no ma'am**" when talking to mom.

## COMMUNICATION WITH PARENTS

Pictures, videos, information updates and cadre introductions are posted on the Parents' Facebook page as often as we can. While we will attempt to post daily during the first two weeks, the level of activity may not allow us to do so. At a minimum, we will post every other day for each of our many courses.

Parents and Cadets/Recruits may subscribe to our Parents' Facebook Group at [www.facebook.com/groups/XMCCampParents](http://www.facebook.com/groups/XMCCampParents). This is our primary source of communication with enrolled personnel and their parents, both prior to training and throughout the program. For safety and personal security reasons, this is a closed group. In order to be added, you must be approved based on a relationship with a currently enrolled Cadet or Recruit.

Public information, including all of the regular posts throughout the summer, can be found at [www.facebook.com/XMCCamp](http://www.facebook.com/XMCCamp). Feel free to give that page to family, friends and supporters so that they can watch your Cadet or Recruit progress through the program.

Due to the field nature of courses like the Cadet Field Leader Course and Cadet Ranger School, please be patient about photos and updates. Internet access will be very limited, so updates may come much less often, with all photos posted at once rather than several times a day.

Please note, we will not respond to "**How is he/she doing?**" calls and questions...all is fine, unless you hear otherwise. Also, we will not entertain requests for individual photos of camera-shy Challengers.



You have helped us to feel our son is safe at all times and the constant contact via photographs and videos allows us to be part of the process multiple times a day, while providing them the independence that they need to evaluate this experience individually and make personal choices about their future.”

Mother of a Recruit

# MAIL

Mail call is conducted daily or as allowed by the training schedule. Mail Call is a very important part of the day, as it is a means to show your support and pride in your Cadet or Recruit. Make sure to use the correct title for your child, in CBT they are all “Recruits,” they become “Cadets” after graduation from Cadet Basic Training. To send mail by USPS to your Cadet or Recruit, use the following sample address:

**(Cadet or Recruit) Johnny Harrison, XMC  
Camp Liberty  
Attn: (Your Challenger’s Course [CBT], and Platoon [,1PLT] if known)  
15719 Alabama Highway 157  
Battleground, Alabama 35179**

For deliveries through UPS, FEDEX, etc... (not recommended) use the following address:

*(Cadet or Recruit) Johnny Harrison, XMC  
Camp Liberty  
Attn: (Your Challenger’s Course [CBT], and Platoon [,1PLT] if known)  
15719 Alabama Highway 157  
Vinemont, Alabama 35179*

*Note: We are located over 15 miles from Vinemont, AL, and .5 mile from Battleground, AL. The USPS is working on fixing this issue, and delivers correctly to Battleground, AL, therefore we recommend USPS. If you require a signature upon delivery it may cause a delay arriving to your Challenger.*

Due to the rural area where we are located, many parents have found that it can take as much as 5-7 days to receive a letter. Therefore, we suggest that you send your first letters of support *before* arriving on Receiving Day (“R-Day”). This will help ensure your Cadet or Recruit has contact from home early in their training, when they might need the greatest amount of encouragement.

First letters from Challengers will not likely arrive home until after their first week of camp, and they will be from when they first arrived and before they have had time to acclimate. Keep in mind that by the time you are reading the letters detailing their tough first days at camp they’re already adjusted and motivated to graduate. We highly recommend helping your Challenger preaddress and stamp their letters before packing for camp. We are not responsible for letters not delivered home due to incorrectly addressed envelopes.

Do not send any “care packages” to camp. The only packages that are allowed are for medication refills and they should be sent to your Challenger and then “ATTN: XMC Medical Dept.” No food items or anything else should be sent to your Challenger.

# CHALLENGERS' FEAST

A highlight of the summer is the “Challengers’ Feast,” which may be served when the Cadets return from three days in the field as **part of the Cadet Field Leader Course and Cadet Ranger School**. The approval of the “Challengers’ Feast” is at the discretion of the Company Commander, based on performance.

The “Challengers’ Feast” will typically include steak, ribs, burgers, chicken, etc., baked potatoes and all the works. It is a great meal for everyone and a tradition which our Cadets and cadre look forward to. We want to recognize that the Cadets have worked hard, grown emotionally and gained an incredible amount of experience which will serve them in the future, no matter what career path they may follow.

This special event is typically held the Thursday evening prior to the graduation for the Cadet Field Leader Courses. We often ask for parents to volunteer to assist. Watch the Parents’ Facebook page for details.



“ The camp truly changed our son. Words cannot express how grateful I am for Colonel Land, and the people associated with **Extreme Military Challenge!** I’m not sure how they do it, but somehow in a few short weeks, they are able to instill self-esteem; self-confidence, and purpose to these teens.

Mother of a Cadet

# PARENTS- DO....

- ❑ Write (a lot) and mail letters to your Cadet or Recruit.
- ❑ Get your family, relatives and friends to write and mail letters.
- ❑ Be positive, encouraging, upbeat and motivating in every letter.
- ❑ Let your Cadet or Recruit know how proud you are of them for participating in *Extreme Military Challenge!*

# PARENTS, DONT....

- ❑ Worry. Your son/daughter will be very well cared for and will receive the best training in the world. Despite what their first letter may say the world is not ending. Their third letter typically will tell you about all their new friends and adventures.
- ❑ Send "Care Packages" to your Cadet or Recruit during training.
- ❑ Miss Friends and Family Night or the Graduation Review, if at all possible. It will be one of the proudest moments of your life. Do keep in mind whether your Challenger will be encouraged by your attendance or struggle more with homesickness. If a Challenger leaves early from the summer, they are not credited for the missed courses.
- ❑ Refer to a Recruit as "Cadet" until Friends and Family Night. Your son or daughter has to earn the title "Cadet" by successfully completing Cadet Basic



# GRADUATION

The highlight of our program is the “Graduation Review” which is conducted on Saturdays at 1000 (10 am). There will be no admittance to the Graduation site until 0950, please plan accordingly. There will be a formal Graduation ceremony for all courses that finish on June 27th, July 11th and July 24th.

**Courses that end July 25 will have their Graduation Ceremony during Friends and Family Night Friday July 24th and Cadets can be taken home for the summer by parents that evening. Airport departures that XMC is providing transport for will still take place Saturday July 25th.**

This traditional and colorful event will be a very important day in each Cadet’s life. The ceremony will include recognition of our Honor Graduates and the Honor Platoon, as well as presentation of awards.

**ATTIRE:** Business Casual. XMC Attire purchased during “Friends and Family Night” may be worn. Military personnel, including retirees, are encouraged to wear your Service Uniform.

**INVITATION:** This is an open event. Please feel free to invite family and friends to attend.

**CAMERAS:** Cameras and video recording devices are permitted. Please have devices on silent.

**CUSTOMS AND COURTESIES:** Due to a recent change in Federal Law, Honorably Discharged veterans are authorized, and encouraged, to render a military-style salute during the National Anthem.

We will post more details and provide regular updates on the Parents’ Facebook Group as we get closer to the Graduation Reviews, including who our guest speakers and guests of honor will be. This is typically a very hot day of the summer, please hydrate and dress smartly but comfortably.

## LOCATION

Formal Graduation Reviews for **June 27th and July 11th** will take place at West Point High School and will be outdoor if weather permits:

4314 County Road 1141 Cullman, AL 35057

Final Graduation of the summer will be Friday **July 24th** during Friends and Family Night at Camp Liberty:

15719 Alabama Highway 157, Battleground, Alabama 35179

## DISTINGUISHED VISITORS

Active duty military, retired personnel, or leadership in other Cadetting organizations holding the rank of O-6 and above, as well as W-5 and E-9, please contact [admissions@xmccamp.com](mailto:admissions@xmccamp.com) to coordinate your arrival.

## LODGING

**VisitCullman.org** is a great resource about what is near Camp Liberty (10 minutes away), including local hotels and attractions. Check the XMC Parents’ Facebook Group for special rates at local hotels. We recommend booking a room as soon as possible, it is typical for some other big local events to coincide with our Graduation weekends.

# CHECK-OUT

During check-out, each Cadet will receive their graduation certificates and various other documents. We will also return all contraband items and prescription medication. If your Challenger forgets to retrieve their items upon check-out there is a minimum \$50 admin fee+postage to send once the summer is complete. Plan on no less than one hour after the graduation review for check-out.

Check-out will be conducted based on a priority system:

**PRIORITY 1:** Cadets who are flying unaccompanied and being transported to Birmingham International Airport by XMC.

**PRIORITY 2:** Cadets who are flying with family. (No transportation is available for non-XMC personnel).

**PRIORITY 3:** Cadre who are flying and being transported to Birmingham International Airport by XMC.

**PRIORITY 4** Cadets and Cadre who are driving 250+ miles.

**PRIORITY 5:** Cadets who are driving less than 250 miles.

**PRIORITY 6:** Cadets who are checking-out for the afternoon with family or with family's permission.

Families that are flying home together after Graduation should book flights no earlier than 3 pm out of Birmingham to ensure arrival in time to check-in and pass security.

# ***LEAVING POST AFTER GRADUATION***

Graduating Cadets should be scheduled for flights on Graduation Day with a departure time **AFTER 3 pm** otherwise they will not make their flight. **July 25th flights have different guidelines, see page 17 for details.**

This will allow sufficient time for Graduation and travel to the airport. Any Cadet scheduled for a flight prior to 3 pm must arrange for ground transportation to the airport through a private contractor. **XMC cannot assist in scheduling this service.**

Graduating Cadets who are going home after the Graduation Review will detach and travel in the same attire they arrived in. Once you are over ten miles away from the post, you may change clothes; however, you may not travel in the modified Army Combat Uniform worn during training.

Graduating Cadets who would like to leave the installation with their families, and are continuing with training the next day, will be allowed to check-out on a "Pass" for the afternoon wearing their Arrival Attire or modified uniform as specified on the Parents' Facebook Group, this will require an XMC polo shirt. Challengers must be returned to Camp Liberty no earlier than 1500 (3:00 pm) and no later than 1800 (6:00 pm) so they can participate in Retreat that night. Make sure Cadets eat prior to returning to Camp Liberty. Upon return Cadets will go through a contraband check.

## ***LEAVING WITH THE PARENTS OF A "BATTLE BUDDY"***

Cadets who do not have family attending graduation, and would like to leave the installation after graduation with a "Battle Buddy," may have their parents submit **XMC Form 25, Pass or Furlough Request**, which can be found in the Forms menu of your CampMinder account. This form must be completed by the parent whose child is being checked-out and must have the information of the adult assuming custody of your child for the period after graduation. Going on "Furlough" requires an XMC polo shirt. The form must be completed in your CampMinder account by 10 pm the evening before Graduation Review. One family may check-out up to four Challengers (not including their own). We will not accept hand-carried forms, nor verbal permission.

## ***MEALS AFTER GRADUATION***

Lunch after Graduation is provided to Cadets who are continuing with training the next day and are not going on Furlough. Cadets who are being transported to the airport by XMC personnel should plan to buy lunch while traveling home. We recommend sending travel money in a special envelope that will be locked-up upon arrival and returned when they check-out.

# RESOURCES AND INFORMATION

Email:

[admissions@xmccamp.com](mailto:admissions@xmccamp.com)

Parents' Facebook Group:

[www.facebook.com/groups/XMCCampParents](http://www.facebook.com/groups/XMCCampParents)

Public Facebook Page:

[www.facebook.com/XMCCamp](http://www.facebook.com/XMCCamp)

Corporate Office and XMC Staff Duty Officer:

**855-XMC-CAMP**

CampMinder Login:

<https://xmccamp.campintouch.com/>

Local Cullman, AL Hotel and Interests Page:

[VisitCullman.org](http://VisitCullman.org)

# ***EXTREME MILITARY CHALLENGE!***

## ***CHECK-LIST***

All forms are located in your CampMinder account at [xmccamp.campintouch.com](http://xmccamp.campintouch.com)

### **IMMEDIATELY AFTER ENROLLMENT**

- Subscribe to Parents' Facebook Group at [www.facebook.com/groups/XMCCampParents](http://www.facebook.com/groups/XMCCampParents)
- Submit a photo of your Cadet or Recruit through CampMinder that clearly shows your Challenger's face.

### **60 DAYS OR LESS BEFORE RECEIVING DAY ("R-Day")**

- Schedule a Sports Physical Examination and have the medical professional use the XMC form for the evaluation.

### **30 DAYS BEFORE RECEIVING DAY ("R-Day")**

- Please complete all forms through your CampMinder account (where you first enrolled). If you have difficulties getting into your Account, you can email [admissions@xmccamp.com](mailto:admissions@xmccamp.com) to gain access.
  - o Submit copy of insurance card, front and back.
  - o Submit All Forms (These will be online by the end of April)
- Complete Pre-Arrival information regarding transportation and clothing sizes.
- Plan your Friends and Family Night and Graduation Review trip early and make your reservations for lodging and travel. Hotels in Cullman will fill during our Graduation weekends.

### **10 DAYS BEFORE RECEIVING DAY ("R-Day")**

- Mark ALL items using a Laundry (Indelible) Marker. Be sure to mark all items with three initials (two, if no middle name) and last four of your Social Security Number (i.e. JPS2259). Do not use a regular "Sharpie." The ink will bleed.
- Re-check the online "Health History" form to make sure all allergies, and current medications are listed.
- Recruits and Cadets should be getting up earlier as well as exercising to get ready for camp.

## 2-3 DAYS BEFORE RECEIVING DAY (“R-DAY”)

- Mail a letter to your Cadet or Recruit telling them how much you support them and how proud you are of what they are going to accomplish this summer.
- Have your Challenger write a letter to themselves outlining what they hope to accomplish while at camp. Mail that letter with your first letter.

## RECEIVING DAY (R-DAY)

- Arrive in proper attire.
- Arrive at your assigned check-in time based on last name.
- Arrive with a hard-copy of your forms as a back-up.

## BEFORE OR AFTER GRADUATION

- Contact your local news outlets (TV, Radio or newspaper) to see if they would like to do a story on your Cadet’s accomplishments this summer.
- Contact XMC to coordinate photos or video support, if requested.
- Order individual or platoon photos online.
- If 15+ Apply for our upcoming Cadet Staff Ride in Washington DC in October. Only 16 spaces are available each year.
- Register for the winter Cadet Tactical Skills Training.



# CAMPMINDER ACCOUNT

To access your CampMinder account go to [www.XMCCamp.com](http://www.XMCCamp.com) and then to “Camp Login” located in the “Parent’s Portal” menu. The direct link is: <https://xmc-camp.campintouch.com/> Once you are logged-in to your CampMinder Account you can add courses, pay towards camp, add money to spending accounts and register for next year. These options will be available in Parent accounts, not the camper’s account.

Here are some of your menu options:

**Forms & Documents:** This will take you to the various forms that need to be filled-out for this summer. The “Additional Options” form is in this section, here you can add the option for airport pick-up/drop-off as well as XMC polos. Your forms will have a barcode on them to allow you to fax them into the number provided which after processing will upload the files to your account. **However, we highly recommend scanning (Adobe Scan app for phones works great) and directly uploading the files into this section.**

**Participant Application:** You can add courses and register for next year through this menu. Be sure to check what season you are looking by changing the year drop-down in the top left. We have the next summer’s dates and prices online by July 15th. Any courses that happen after Aug 15th will show as the next year’s season. Keep this in mind when registering for the Cadet Staff Ride and Winter.

**Financial Management:** You can manually make payments towards your XMC enrollment and update your monthly payment information through this menu.

**View XMC Accounts:** Use this menu to fund your XMC PX/Canteen Fund and to track transactions while at camp.



# CADET STAFF RIDE

ONLY 16 CADETS  
WILL BE  
ACCEPTED.

**E**xtrême Military Challenge! (XMC) and Liberty Communications, LLC, will host the 2025 Cadet Staff Ride in Washington, DC on October 9-14, 2026. We are very excited to bring back this program!

Applicants must be highly-qualified and hand-picked for this program. Cadets who are 15+ and are graduates of four weeks or more of XMC programs will have priority for enrollment. Any CBT Honor Graduates of the previous year will have advanced priority as well. This is an educational event, with incredible exposure to our nation's military forces. You will meet senior military leaders, see the latest in military technology, learn about careers in uniform and as a civilian, all while experiencing the beauty of our Nation's Capital.

This program is limited to approximately 16 Cadets. Highlights of the trip include touring the National Mall and its monuments, attending the Association of the United States Army's annual conference, and visiting military specific museums.

Previous Staff Rides have included tours of the Pentagon, White House, Capitol, Air Force Two and the Naval Academy. Exact itinerary and group tour requests are finalized within a few weeks of the program.

During the 2019 Staff Ride our Cadets were able to meet and shake hands with both the Sergeant Major of the Army as well as the Chief of Staff of the Army. In 2016 the Secretary of the Army posted about meeting our Cadets on his Facebook page saying *"Their passion and energy [...] can serve as an inspiration for all."*

**ACCEPTANCE FOR THIS PROGRAM IS BASED ON A NUMBER OF FACTORS INCLUDING PAST PERFORMANCE AND AGE. WE RECOMMEND SUBMITTING YOUR ONLINE APPLICATION AS SOON AS POSSIBLE WHEN NEXT SEASON GOES ONLINE IN JULY. FINAL DETERMINATIONS WILL BE MADE BY AUG 20th!**



# KMC PHYSICAL FITNESS TEST STANDARDS

| PUSH-UP STANDARDS |       |     |       |     |       |     |       |     |             |
|-------------------|-------|-----|-------|-----|-------|-----|-------|-----|-------------|
| Age Group         | 11-12 |     | 13-14 |     | 15-16 |     | 17-21 |     | Age Group   |
| Repetitions       | M     | F   | M     | F   | M     | F   | M     | F   | Repetitions |
| 71                |       |     |       |     |       |     | 100   |     | 71          |
| 70                |       |     |       |     |       |     | 99    |     | 70          |
| 69                |       |     |       |     |       | 100 | 97    |     | 69          |
| 68                |       |     |       |     |       | 98  | 96    |     | 68          |
| 67                |       |     |       |     |       | 96  | 94    |     | 67          |
| 66                |       |     |       | 100 |       | 94  | 93    |     | 66          |
| 65                |       |     |       | 99  |       | 92  | 92    |     | 65          |
| 64                |       |     |       | 98  |       | 90  | 90    |     | 64          |
| 63                |       |     |       | 97  |       | 88  | 89    |     | 63          |
| 62                |       |     |       | 96  |       | 87  | 88    |     | 62          |
| 61                |       |     |       | 94  |       | 86  | 86    |     | 61          |
| 60                |       |     |       | 93  |       | 85  | 85    |     | 60          |
| 59                |       |     |       | 92  |       | 84  | 83    |     | 59          |
| 58                |       |     |       | 91  |       | 83  | 82    |     | 58          |
| 57                |       |     |       | 90  |       | 82  | 81    |     | 57          |
| 56                | 100   |     |       | 89  |       | 81  | 79    |     | 56          |
| 55                | 99    |     |       | 88  |       | 79  | 78    |     | 55          |
| 54                | 98    |     |       | 87  |       | 78  | 77    |     | 54          |
| 53                | 97    |     |       | 86  |       | 77  | 75    |     | 53          |
| 52                | 96    |     |       | 84  |       | 76  | 74    |     | 52          |
| 51                | 94    |     |       | 83  |       | 75  | 72    |     | 51          |
| 50                | 93    |     |       | 82  |       | 74  | 71    |     | 50          |
| 49                | 92    |     |       | 81  |       | 73  | 70    |     | 49          |
| 48                | 91    |     |       | 80  |       | 72  | 68    |     | 48          |
| 47                | 90    |     |       | 79  |       | 71  | 67    |     | 47          |
| 46                | 89    |     |       | 78  |       | 70  | 66    |     | 46          |
| 45                | 88    |     |       | 77  |       | 69  | 64    |     | 45          |
| 44                | 87    |     |       | 76  |       | 68  | 63    |     | 44          |
| 43                | 86    |     |       | 74  |       | 67  | 61    |     | 43          |
| 42                | 84    |     |       | 73  |       | 66  | 60    | 100 | 42          |
| 41                | 83    |     |       | 72  |       | 65  | 59    | 98  | 41          |
| 40                | 82    |     |       | 71  |       | 64  | 100   | 97  | 40          |
| 39                | 81    |     |       | 70  |       | 63  | 98    | 95  | 39          |
| 38                | 80    |     |       | 69  |       | 62  | 96    | 93  | 38          |
| 37                | 79    |     |       | 68  | 100   | 61  | 94    | 91  | 37          |
| 36                | 78    |     |       | 67  | 98    | 60  | 92    | 90  | 36          |
| 35                | 77    |     |       | 66  | 97    | 59  | 90    | 88  | 35          |
| 34                | 76    |     |       | 64  | 95    | 58  | 88    | 86  | 34          |
| 33                | 74    |     |       | 63  | 94    | 57  | 86    | 84  | 33          |
| 32                | 73    |     |       | 62  | 92    | 56  | 84    | 83  | 32          |
| 31                | 72    | 100 |       | 61  | 90    | 55  | 82    | 81  | 31          |
| 30                | 71    | 98  |       | 60  | 89    | 54  | 80    | 79  | 30          |
| 29                | 70    | 96  |       | 59  | 87    | 53  | 79    | 77  | 29          |
| 28                | 69    | 95  |       | 58  | 86    | 52  | 77    | 76  | 28          |
| 27                | 68    | 93  |       | 57  | 84    | 51  | 76    | 74  | 27          |
| 26                | 67    | 91  |       | 56  | 82    | 50  | 75    | 72  | 26          |
| 25                | 66    | 89  |       | 54  | 81    | 49  | 73    | 70  | 25          |
| 24                | 64    | 87  |       | 53  | 79    | 48  | 72    | 69  | 24          |
| 23                | 63    | 85  |       | 52  | 78    | 47  | 71    | 67  | 23          |
| 22                | 62    | 84  |       | 51  | 76    | 46  | 69    | 65  | 22          |
| 21                | 61    | 82  |       | 50  | 74    | 45  | 68    | 63  | 21          |
| 20                | 60    | 80  |       | 49  | 73    | 44  | 67    | 62  | 20          |
| 19                | 59    | 78  |       | 48  | 71    | 43  | 65    | 60  | 19          |
| 18                | 58    | 76  |       | 47  | 70    | 42  | 64    | 58  | 18          |
| 17                | 57    | 75  |       | 46  | 68    | 41  | 63    | 57  | 17          |
| 16                | 56    | 73  |       | 44  | 66    | 39  | 61    | 55  | 16          |
| 15                | 54    | 71  |       | 43  | 65    | 38  | 60    | 53  | 15          |
| 14                | 53    | 69  |       | 42  | 63    | 37  | 59    | 51  | 14          |
| 13                | 52    | 67  |       | 41  | 62    | 36  | 58    | 50  | 13          |
| 12                | 51    | 65  |       | 40  | 60    | 35  | 56    | 48  | 12          |
| 11                | 50    | 64  |       | 39  | 58    | 43  | 54    | 46  | 11          |
| 10                | 49    | 62  |       | 38  | 57    | 33  | 52    | 44  | 10          |
| 9                 | 48    | 60  |       | 37  | 55    | 32  | 50    | 43  | 9           |
| 8                 | 47    | 58  |       | 36  | 54    | 31  | 49    | 41  | 8           |
| 7                 | 46    | 56  |       | 34  | 52    | 30  | 49    | 39  | 7           |
| 6                 | 44    | 55  |       | 33  | 50    | 29  | 48    | 37  | 6           |
| 5                 | 43    | 53  |       | 32  | 49    | 28  | 47    | 36  | 5           |
| 4                 | 40    | 45  |       | 30  | 45    | 27  | 45    | 34  | 4           |
| 3                 | 36    | 40  |       | 26  | 36    | 26  | 44    | 32  | 3           |
| 2                 | 30    | 30  |       | 25  | 25    | 25  | 43    | 30  | 2           |
| 1                 | 24    | 24  |       | 24  | 24    | 24  | 41    | 29  | 1           |
| Repetitions       | M     | F   | M     | F   | M     | F   | M     | F   | Repetitions |
| AGE GROUP         | 11-12 |     | 13-14 |     | 15-16 |     | 17-21 |     | AGE GROUP   |

| SIT-UP STANDARDS |       |       |       |       |             |
|------------------|-------|-------|-------|-------|-------------|
| Age Group        | 11-12 | 13-14 | 15-16 | 17-21 | Age Group   |
| Repetitions      | MF    | MF    | MF    | MF    | Repetitions |
| 82               |       |       |       |       | 82          |
| 81               |       |       |       |       | 81          |
| 80               |       |       |       |       | 80          |
| 79               |       |       |       |       | 79          |
| 78               |       |       |       | 100   | 78          |
| 77               |       |       |       | 98    | 77          |
| 76               |       |       | 100   | 97    | 76          |
| 75               |       |       | 99    | 95    | 75          |
| 74               |       |       | 98    | 94    | 74          |
| 73               |       |       | 96    | 92    | 73          |
| 72               |       | 100   | 95    | 90    | 72          |
| 71               |       | 99    | 94    | 89    | 71          |
| 70               |       | 98    | 93    | 87    | 70          |
| 69               |       | 97    | 92    | 86    | 69          |
| 68               |       | 95    | 91    | 84    | 68          |
| 67               |       | 95    | 89    | 82    | 67          |
| 66               | 100   | 94    | 88    | 81    | 66          |
| 65               | 99    | 93    | 87    | 79    | 65          |
| 64               | 98    | 92    | 86    | 78    | 64          |
| 63               | 97    | 91    | 85    | 76    | 63          |
| 62               | 96    | 90    | 84    | 74    | 62          |
| 61               | 95    | 89    | 82    | 73    | 61          |
| 60               | 94    | 88    | 81    | 71    | 60          |
| 59               | 93    | 87    | 80    | 70    | 59          |
| 58               | 92    | 86    | 79    | 68    | 58          |
| 57               | 91    | 85    | 78    | 66    | 57          |
| 56               | 89    | 84    | 76    | 65    | 56          |
| 55               | 88    | 83    | 75    | 63    | 55          |
| 54               | 87    | 82    | 74    | 62    | 54          |
| 53               | 86    | 81    | 73    | 60    | 53          |
| 52               | 85    | 80    | 72    | 58    | 52          |
| 51               | 84    | 79    | 71    | 57    | 51          |
| 50               | 83    | 78    | 69    | 55    | 50          |
| 49               | 82    | 77    | 68    | 54    | 49          |
| 48               | 81    | 76    | 67    | 52    | 48          |
| 47               | 80    | 75    | 66    | 50    | 47          |
| 46               | 79    | 74    | 65    | 49    | 46          |
| 45               | 78    | 73    | 64    | 47    | 45          |
| 44               | 77    | 72    | 62    | 46    | 44          |
| 43               | 76    | 71    | 61    | 44    | 43          |
| 42               | 75    | 70    | 60    | 42    | 42          |
| 41               | 74    | 69    | 59    | 41    | 41          |
| 40               | 73    | 68    | 58    | 39    | 40          |
| 39               | 72    | 67    | 56    | 38    | 39          |
| 38               | 71    | 66    | 55    | 36    | 38          |
| 37               | 69    | 65    | 54    | 34    | 37          |
| 36               | 68    | 64    | 53    | 33    | 36          |
| 35               | 67    | 63    | 52    | 31    | 35          |
| 34               | 66    | 62    | 50    | 30    | 34          |
| 33               | 65    | 61    | 49    | 28    | 33          |
| 32               | 64    | 60    | 48    | 26    | 32          |
| 31               | 63    | 59    | 47    | 25    | 31          |
| 30               | 62    | 58    | 46    | 23    | 30          |
| 29               | 61    | 57    | 45    | 22    | 29          |
| 28               | 60    | 56    | 44    | 20    | 28          |
| 27               | 59    | 55    | 42    | 18    | 27          |
| 26               | 58    | 54    | 41    | 17    | 26          |
| 25               | 57    | 53    | 40    | 15    | 25          |
| 24               | 56    | 52    | 39    | 14    | 24          |
| 23               | 55    | 51    | 38    | 12    | 23          |
| 22               | 54    | 50    | 36    | 10    | 22          |
| 21               | 53    | 49    | 35    | 9     | 21          |
| 20               | 52    | 48    | 34    | 8     | 20          |
| 19               | 51    | 46    | 33    | 7     | 19          |
| 18               | 50    | 44    | 32    | 6     | 18          |
| 17               | 47    | 42    | 31    | 5     | 17          |
| 16               | 46    | 40    | 30    | 0     | 16          |
| 15               | 45    | 38    | 29    | 0     | 15          |
| 14               | 40    | 35    | 28    | 0     | 14          |
| 13               | 35    | 30    | 27    | 0     | 13          |
| 12               | 30    | 25    | 25    | 0     | 12          |
| 11               | 25    | 20    | 20    | 0     | 11          |
| 10               | 20    | 15    | 15    | 0     | 10          |
| 9                | 15    | 12    | 10    | 0     | 9           |
| 8                | 10    | 8     | 5     | 0     | 8           |
| Repetitions      | MF    | MF    | MF    | MF    | Repetitions |
| AGE GROUP        | 11-12 | 13-14 | 15-16 | 17-21 | AGE GROUP   |

| 2-MILE RUN STANDARDS |       |     |       |     |       |     |       |     |           |  |
|----------------------|-------|-----|-------|-----|-------|-----|-------|-----|-----------|--|
| AGE GROUP            | 11-12 |     | 13-14 |     | 15-16 |     | 17-21 |     | AGE GROUP |  |
| Time                 | M     | F   | M     | F   | M     | F   | M     | F   | Time      |  |
| 13:00                |       |     |       |     |       |     |       |     | 13:00     |  |
| 13:06                |       |     |       |     |       |     |       |     | 13:06     |  |
| 13:12                |       |     |       |     |       |     | 100   |     | 13:12     |  |
| 13:18                |       |     |       |     | 100   |     | 99    |     | 13:18     |  |
| 13:24                |       |     |       |     | 99    |     | 98    |     | 13:24     |  |
| 13:30                |       |     |       |     | 98    |     | 97    |     | 13:30     |  |
| 13:36                |       |     |       |     | 97    |     | 96    |     | 13:36     |  |
| 13:42                |       |     |       |     | 96    |     | 95    |     | 13:42     |  |
| 13:48                |       |     |       |     | 95    |     | 93    |     | 13:48     |  |
| 13:54                |       |     |       |     | 95    |     | 91    |     | 13:54     |  |
| 14:00                |       |     |       |     | 94    |     | 89    |     | 14:00     |  |
| 14:06                |       |     | 100   |     | 93    |     | 87    |     | 14:06     |  |
| 14:12                |       |     | 99    |     | 92    |     | 85    |     | 14:12     |  |
| 14:18                |       |     | 98    |     | 91    |     | 83    |     | 14:18     |  |
| 14:24                |       |     | 97    |     | 90    |     | 82    |     | 14:24     |  |
| 14:30                |       |     | 97    |     | 89    |     | 81    |     | 14:30     |  |
| 14:36                |       |     | 96    |     | 88    |     | 80    |     | 14:36     |  |
| 14:42                | 100   |     | 95    |     | 87    |     | 79    |     | 14:42     |  |
| 14:48                | 99    |     | 94    |     | 86    |     | 78    |     | 14:48     |  |
| 14:54                | 98    |     | 93    |     | 85    |     | 77    |     | 14:54     |  |
| 15:00                | 98    |     | 92    |     | 85    |     | 76    |     | 15:00     |  |
| 15:06                | 97    |     | 91    |     | 84    |     | 75    |     | 15:06     |  |
| 15:12                | 96    |     | 90    |     | 83    |     | 74    |     | 15:12     |  |
| 15:18                | 95    |     | 90    |     | 82    |     | 73    |     | 15:18     |  |
| 15:24                | 95    |     | 89    |     | 81    |     | 72    |     | 15:24     |  |
| 15:30                | 94    |     | 88    |     | 80    |     | 71    |     | 15:30     |  |
| 15:36                | 93    |     | 87    |     | 79    |     | 70    |     | 15:36     |  |
| 15:42                | 92    |     | 86    |     | 78    |     | 69    | 100 | 15:42     |  |
| 15:48                | 91    |     | 85    |     | 77    |     | 68    | 99  | 15:48     |  |
| 15:54                | 91    |     | 84    |     | 76    | 100 | 67    | 98  | 15:54     |  |
| 16:00                | 90    |     | 83    |     | 75    | 99  | 66    | 97  | 16:00     |  |
| 16:06                | 89    |     | 83    |     | 75    | 99  | 65    | 96  | 16:06     |  |
| 16:12                | 88    |     | 82    |     | 74    | 98  | 64    | 95  | 16:12     |  |
| 16:18                | 87    |     | 81    |     | 73    | 97  | 63    | 94  | 16:18     |  |
| 16:24                | 87    |     | 80    |     | 72    | 97  | 62    | 93  | 16:24     |  |
| 16:30                | 86    |     | 79    |     | 71    | 96  | 61    | 92  | 16:30     |  |
| 16:36                | 85    |     | 78    |     | 70    | 95  | 60    | 91  | 16:36     |  |
| 16:42                | 84    |     | 77    |     | 69    | 94  | 58    | 90  | 16:42     |  |
| 16:48                | 84    |     | 77    |     | 68    | 94  | 57    | 90  | 16:48     |  |
| 16:54                | 83    |     | 76    |     | 67    | 93  | 56    | 89  | 16:54     |  |
| 17:00                | 82    |     | 75    |     | 66    | 92  | 55    | 88  | 17:00     |  |
| 17:06                | 81    |     | 74    |     | 65    | 92  | 54    | 88  | 17:06     |  |
| 17:12                | 80    |     | 73    |     | 65    | 91  | 53    | 87  | 17:12     |  |
| 17:18                | 80    |     | 72    |     | 64    | 90  | 52    | 86  | 17:18     |  |
| 17:24                | 79    |     | 71    | 100 | 63    | 90  | 51    | 86  | 17:24     |  |
| 17:30                | 78    |     | 70    | 99  | 62    | 89  | 50    | 85  | 17:30     |  |
| 17:36                | 77    |     | 70    | 99  | 61    | 88  | 49    | 84  | 17:36     |  |
| 17:42                | 76    |     | 69    | 98  | 60    | 88  | 48    | 83  | 17:42     |  |
| 17:48                | 76    |     | 68    | 97  | 59    | 87  | 47    | 82  | 17:48     |  |
| 17:54                | 75    |     | 67    | 97  | 58    | 86  | 46    | 82  | 17:54     |  |
| 18:00                | 74    |     | 66    | 96  | 57    | 86  | 45    | 81  | 18:00     |  |
| 18:06                | 73    |     | 65    | 96  | 56    | 85  | 44    | 79  | 18:06     |  |
| 18:12                | 73    |     | 64    | 95  | 55    | 84  | 43    | 78  | 18:12     |  |
| 18:18                | 72    |     | 63    | 94  | 55    | 83  | 42    | 77  | 18:18     |  |
| 18:24                | 71    |     | 63    | 94  | 54    | 83  | 41    | 76  | 18:24     |  |
| 18:30                | 70    |     | 62    | 93  | 53    | 82  | 40    | 75  | 18:30     |  |
| 18:36                | 69    |     | 61    | 92  | 52    | 81  | 39    | 73  | 18:36     |  |
| 18:42                | 69    |     | 60    | 92  | 51    | 81  | 38    | 72  | 18:42     |  |
| 18:48                | 68    |     | 59    | 91  | 50    | 80  | 37    | 71  | 18:48     |  |
| 18:54                | 67    |     | 58    | 90  | 49    | 79  | 36    | 70  | 18:54     |  |
| 19:00                | 66    | 100 | 57    | 90  | 48    | 79  | 35    | 68  | 19:00     |  |
| 19:06                | 65    | 99  | 57    | 89  | 47    | 78  | 34    | 67  | 19:06     |  |
| 19:12                | 65    | 99  | 56    | 89  | 46    | 77  | 33    | 66  | 19:12     |  |
| 19:18                | 64    | 98  | 55    | 88  | 45    | 77  | 32    | 65  | 19:18     |  |
| 19:24                | 63    | 97  | 54    | 87  | 45    | 76  | 31    | 64  | 19:24     |  |
| 19:30                | 62    | 96  | 53    | 87  | 44    | 75  | 29    | 62  | 19:30     |  |
| 19:36                | 62    | 96  | 52    | 86  | 43    | 74  | 28    | 61  | 19:36     |  |
| 19:42                | 61    | 95  | 51    | 85  | 42    | 74  | 27    | 60  | 19:42     |  |
| 19:48                | 60    | 94  | 50    | 85  | 41    | 73  | 26    | 59  | 19:48     |  |
| 19:54                | 59    | 93  | 50    | 84  | 40    | 72  | 25    | 58  | 19:54     |  |
| 20:00                | 58    | 93  | 49    | 83  | 39    | 72  | 24    | 57  | 20:00     |  |
| 20:06                | 58    | 92  | 48    | 83  | 38    | 71  | 22    | 56  | 20:06     |  |
| 20:12                | 57    | 91  | 47    | 82  | 37    | 70  | 20    | 55  | 20:12     |  |

|           |       |    |       |    |       |    |       |    |           |
|-----------|-------|----|-------|----|-------|----|-------|----|-----------|
| 20:18     | 56    | 90 | 46    | 82 | 36    | 70 | 18    | 54 | 20:18     |
| 20:24     | 55    | 90 | 45    | 81 | 35    | 69 | 16    | 53 | 20:24     |
| 20:30     | 55    | 89 | 44    | 80 | 35    | 68 | 14    | 52 | 20:30     |
| 20:36     | 54    | 88 | 43    | 80 | 34    | 69 | 12    | 51 | 20:36     |
| Time      | M     | F  | M     | F  | M     | F  | M     | F  | Time      |
| AGE GROUP | 11-12 |    | 13-14 |    | 15-16 |    | 17-21 |    | AGE GROUP |

|           |       |    |       |    |       |    |       |    |           |
|-----------|-------|----|-------|----|-------|----|-------|----|-----------|
| Time      | M     | F  | M     | F  | M     | F  | M     | F  | Time      |
| 20:42     | 53    | 87 | 43    | 79 | 33    | 67 | 10    | 50 | 20:42     |
| 20:48     | 52    | 87 | 42    | 78 | 32    | 66 | 9     | 49 | 20:48     |
| 20:54     | 51    | 86 | 41    | 78 | 31    | 66 | 8     | 48 | 20:54     |
| 21:00     | 51    | 86 | 40    | 77 | 30    | 65 | 7     | 47 | 21:00     |
| 21:06     | 50    | 84 | 39    | 77 | 29    | 64 | 6     | 46 | 21:06     |
| 21:12     | 49    | 84 | 38    | 76 | 28    | 63 | 5     | 45 | 21:12     |
| 21:18     | 48    | 83 | 37    | 75 | 27    | 63 | 4     | 44 | 21:18     |
| 21:24     | 47    | 82 | 37    | 75 | 26    | 62 | 3     | 43 | 21:24     |
| 21:30     | 47    | 81 | 36    | 74 | 25    | 61 | 2     | 42 | 21:30     |
| 21:36     | 46    | 81 | 35    | 73 | 25    | 61 | 1     | 41 | 21:36     |
| 21:42     | 45    | 80 | 34    | 73 | 24    | 60 | 0     | 40 | 21:42     |
| 21:48     | 44    | 79 | 33    | 72 | 23    | 59 |       | 39 | 21:48     |
| 21:54     | 44    | 79 | 32    | 71 | 22    | 59 |       | 38 | 21:54     |
| 22:00     | 43    | 78 | 31    | 71 | 21    | 58 |       | 37 | 22:00     |
| 22:06     | 42    | 77 | 30    | 70 | 20    | 57 |       | 37 | 22:06     |
| 22:12     | 41    | 76 | 30    | 70 | 19    | 57 |       | 36 | 22:12     |
| 22:18     | 40    | 76 | 29    | 69 | 18    | 56 |       | 36 | 22:18     |
| 22:24     | 40    | 75 | 28    | 68 | 17    | 55 |       | 35 | 22:24     |
| 22:30     | 39    | 74 | 27    | 68 | 16    | 54 |       | 33 | 22:30     |
| 22:36     | 38    | 73 | 26    | 67 | 15    | 54 |       | 32 | 22:36     |
| 22:42     | 37    | 73 | 25    | 66 | 15    | 53 |       | 31 | 22:42     |
| 22:48     | 36    | 72 | 24    | 66 | 14    | 52 |       | 30 | 22:48     |
| 22:54     | 36    | 71 | 23    | 65 | 13    | 52 |       | 28 | 22:54     |
| 23:00     | 35    | 70 | 23    | 64 | 12    | 51 |       | 27 | 23:00     |
| 23:06     | 34    | 70 | 22    | 64 | 11    | 50 |       | 26 | 23:06     |
| 23:12     | 33    | 69 | 21    | 63 | 10    | 49 |       | 25 | 23:12     |
| 23:18     | 33    | 68 | 20    | 63 | 9     | 49 |       | 24 | 23:18     |
| 23:24     | 32    | 67 | 19    | 62 | 8     | 48 |       | 22 | 23:24     |
| 23:30     | 31    | 67 | 18    | 61 | 7     | 48 |       | 21 | 23:30     |
| 23:36     | 30    | 66 | 17    | 61 | 6     | 47 |       | 20 | 23:36     |
| 23:42     | 29    | 65 | 17    | 60 | 5     | 46 |       | 19 | 23:42     |
| 23:48     | 29    | 64 | 16    | 59 | 5     | 46 |       | 18 | 23:48     |
| 23:54     | 28    | 64 | 15    | 59 | 4     | 45 |       | 16 | 23:54     |
| 24:00     | 27    | 63 | 14    | 58 | 3     | 44 |       | 15 | 24:00     |
| 24:06     | 26    | 62 | 13    | 57 | 2     | 43 |       | 14 | 24:06     |
| 24:12     | 25    | 61 | 12    | 57 | 1     | 43 |       | 13 | 24:12     |
| 24:18     | 25    | 61 | 11    | 56 | 0     | 42 |       | 12 | 24:18     |
| 24:24     | 24    | 60 | 10    | 56 |       | 41 |       | 10 | 24:24     |
| 24:30     | 23    | 59 | 10    | 55 |       | 41 |       | 9  | 24:30     |
| 24:36     | 22    | 59 | 9     | 54 |       | 40 |       | 8  | 24:36     |
| 24:42     | 22    | 58 | 8     | 54 |       | 39 |       | 7  | 24:42     |
| 24:48     | 21    | 57 | 7     | 53 |       | 39 |       | 5  | 24:48     |
| 24:54     | 20    | 56 | 6     | 52 |       | 38 |       | 4  | 24:54     |
| 25:00     | 19    | 56 | 5     | 52 |       | 37 |       | 3  | 25:00     |
| 25:06     | 18    | 55 | 4     | 51 |       | 37 |       | 2  | 25:06     |
| 25:12     | 18    | 54 | 3     | 50 |       | 36 |       | 1  | 25:12     |
| 25:18     | 17    | 53 | 3     | 50 |       | 35 |       | 0  | 25:18     |
| 25:24     | 16    | 53 | 2     | 49 |       | 34 |       |    | 25:24     |
| 25:30     | 15    | 52 | 1     | 49 |       | 34 |       |    | 25:30     |
| 25:36     | 15    | 51 | 0     | 48 |       | 33 |       |    | 25:36     |
| 25:42     | 14    | 50 |       | 47 |       | 32 |       |    | 25:42     |
| 25:48     | 13    | 50 |       | 47 |       | 32 |       |    | 25:48     |
| 25:54     | 12    | 49 |       | 46 |       | 31 |       |    | 25:54     |
| 26:00     | 11    | 48 |       | 45 |       | 30 |       |    | 26:00     |
| 26:06     | 11    | 47 |       | 45 |       | 30 |       |    | 26:06     |
| 26:12     | 10    | 47 |       | 44 |       | 29 |       |    | 26:12     |
| 26:18     | 9     | 46 |       | 43 |       | 28 |       |    | 26:18     |
| 26:24     | 8     | 45 |       | 43 |       | 28 |       |    | 26:24     |
| 26:30     | 7     | 44 |       | 42 |       | 27 |       |    | 26:30     |
| 27        | 6     | 40 |       | 35 |       | 23 |       |    | 27        |
| 28        | 5     | 30 |       | 30 |       | 20 |       |    | 28        |
| 29        | 4     | 20 |       | 15 |       | 10 |       |    | 29        |
| 30        | 0     | 10 |       | 10 |       | 5  |       |    | 30        |
| 35+       | 0     | 5  |       | 5  |       | 0  |       |    | 35+       |
| Time      | M     | F  | M     | F  | M     | F  | M     | F  | Time      |
| AGE GROUP | 11-12 |    | 13-14 |    | 15-16 |    | 17-21 |    | AGE GROUP |