

EXTREME MILITARY CHALLENGE!

XMCCAMP.COM



XMC ADMISSIONS GUIDE 2023

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CADET JESSI HARMON (PICTURED ABOVE), A GRADUATE OF EXTREME MILITARY CHALLENGE! TRAINING MISSION 2017, IS A CADET AT VIRGINIA MILITARY INSTITUTE (CLASS OF '22) PURSUING A COMMISSION IN THE U.S. MARINE CORPS.



LIBERTY COMMUNICATIONS, LLC - CAMP LIBERTY

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FROM THE DESK OF THE COMMANDER

COL JOSEPH M. LAND, SR., XMC

COMMANDER

EXTREME MILITARY CHALLENGE!

CONGRATULATIONS! You have taken the first step towards providing your child with the *Adventure of a Lifetime* by requesting information on how to enroll in *Extreme Military Challenge!(XMC)*. Please keep in mind that we are not a correctional camp nor a punishment for teens. Our participants attend because they have an interest in a military career or they just want to push themselves during the summer.

Our program is realistic and challenging. It's meant to be. The days are long, tiring and exciting, much like life in the Army's Basic Combat Training. With that said, we work with teens, and we are very aware of that. Most of our staff started as Cadets or have a long history of working with teens. Therefore, we maintain a delicate balance of providing a realistic military environment, while always remembering that our real mission is to develop leadership and self-confidence in young people. Your child's greatest challenge at XMC will be to get through the first days and learning that as long as they keep pushing themselves they can accomplish anything.

Your son or daughter will be trained hard, pushed physically and mentally, and provided an unmatched opportunity to experience the military lifestyle first-hand. From marching to marksmanship training, their days will be filled with much of the same experiences a Soldier receives while in Basic Combat Training. Our Drill Instructor Staff consist of experienced Army Drill Sergeants, Marine Corps Drill Instructors, Coast

Guard Company Commanders and Air Force Military Training Instructors. Our staff has an immense amount of experience. In fact, 95% are either retired military, veterans or currently serving in some capacity.

Our programs fill each summer. To avoid being waitlisted we encourage you to save your spot as soon as you've decided to enroll. If you know of someone who would also like to attend *Extreme Military Challenge!* along with your son or daughter, please contact us for an opportunity for both you and the other family to save a portion of your enrollment fee.

Most of your questions should be answered by this *Admissions Guide*. Upon enrollment you'll also be sent our *Parent's Guide* which has additional information to help you prepare for this summer. For recent news and updates visit our website XMCCamp.com or our Facebook Page (lots of photos and videos) at facebook.com/XMCCamp. We recommend that you thoroughly review both sites in order to have a clear understanding of our program and our location Camp Liberty (Camp-Liberty.com).

Thank you for taking the time to look at *Extreme Military Challenge!* If you need any additional information, please do not hesitate to call us toll-free at **855-XMC-CAMP**.

Mega-Hooah!


JOSEPH M. LAND, SR.
President

Liberty Communications, LLC



FREQUENTLY ASKED QUESTIONS

1. IS THIS CAMP FOR “AT RISK” OR TROUBLED YOUTH?

ABSOLUTELY NOT! All Cadets and recruits must be currently crime-free, drug-free and have the desire to do well in school. We do not accept young people who are court-ordered, sent against their will, etc. Minor school discipline issues will be reviewed on a case-by-case basis. We will send home anyone who is a major disciplinary issue with no refunds issued. You should only enroll your child if it's something they are willing/wanting to do.

2. WILL MY CHILD BE “PUSHED” TOWARDS THE MILITARY?

We are a career exploration program. Our Cadets are provided a realistic exposure to the military environment, allowing them to make an educated decision on the possibility of service in uniform later in life. We are not recruiters and simply provide honest answers regarding military service. Many Cadets are not necessarily interested in the military, yet they benefit from the self-confidence and discipline gained through our program.

3. MY DAUGHTER IS ONLY 13. IS SHE TOO YOUNG? CAN FEMALES HANDLE THE CAMP?

Age and gender are not really a factor. Some 13-year-olds have the “Fire in the Gut” and motivation to excel far better than older Recruits and Cadets. The drive and attitude of the individual determines success or failure. Incidentally, young ladies have historically done extremely well during training.

4. HOW REALISTIC IS THIS PROGRAM?

Our programs are extremely challenging. The Recruits (anyone who has not passed Cadet Basic Training) and Cadets work with instructors from all the military services. The days are long, tiring and exciting, much like attending Basic



Training in the actual military. With that said, we work with teens, and we are very aware of that. We push the participants to their limit and help them discover what they can accomplish, while learning discipline and self-confidence. Our goal is to provide a realistic experience so that these teens can experience some of the benefits of military training (i.e. discipline, motivation, respect, and the desire to help others).

5. DO YOU HAVE PAYMENT PLANS?

Yes. Our enrollment system is simple and automated. [Click HERE to Enroll Now](#). After placing a initial payment to secure a spot your remaining balance will be split into monthly payments of equal amounts from now until the start of camp. Balances must be paid before arrival.

6. DO CADETS WEAR A UNIFORM? DO WE NEED TO PURCHASE IT?

They do wear uniforms, but that is included in the enrollment price. A full packing list of what they need to bring (mostly under garments, hygiene, etc) is in our Parents Guide which you will be sent upon enrollment and is also available online at XMCCamp.com in the "Parents' Portal." XMC personnel - both Cadets and Cadre - wear a specially-modified uniform which makes it clear that the wearer is not a representative of the U.S. Armed Forces.

7. ARE THERE MEDICAL RESTRICTIONS?

XMC is a high-adventure program, meaning that each participant must be up to the task. Your child must complete a "Sports Physical," within **60 days** of starting camp. This is to validate that they can fully participate in a very physical and challenging environment. Many young people are on prescription medications, for a variety of reasons. Our preference is for each Cadet and recruit to not have such a requirement. We've learned that's simply not always possible. We cannot approve psychotropic medications which are so mind-altering that could put the young person, as well as those around them, at risk. We deal with these applicants on a case-by-case basis. All current medical conditions as well as previous serious injuries need to be noted on the Physical so that they are acknowledged by the medical professional when they give their clearance. Failure to include a significant medical concern may be grounds for dismissal from camp. Safety is our number one priority and we will not risk the well-being of our participants.

8. MY CHILD WOULD HAVE TO FLY IN, HOW IS THAT HANDLED?

Easily. In a typical summer about 50% of the participants fly in to the Birmingham-Shuttlesworth International airport (BHM) and we have a staff member there to greet them. We have participants in XMC from all over the USA and a handful of internationals each year. They fly in on the first day of camp (the check-in day) between 9am-3pm (some lee-way is given for long-distance flights) and depart on Graduation day from their last program (if they are not picked-up) from 3pm-7pm.

9. I'M SIGNING-UP FOR MULTIPLE PROGRAMS, HOW DOES THAT WORK?

Our most popular course options are our 4 and 5 week programs, especially the combined Cadet Basic Training and Cadet Field Leader Course. Cadets will have multiple Graduation ceremonies. Typically families who are within a reasonable distance attend both, but most attend just the final ceremony if they are able. The evening after a Graduation is used to get ready their next program, but we do allow Cadets to be checked-out for a few hours after Graduations.

10. WHAT ARE THIS SUMMER'S DATES AND PRICES?

[Follow this link and enter the young person's birthday to see all the programs they are eligible for.](#)

11. WHAT IF I ENROLL AND THEN CAN'T MAKE IT THIS SUMMER?

Enrollment fees are non-refundable, but are kept as credit on the young person's account for the next two summers. Fees can also be transferred to another young person at the discretion of the family.

12. DO THEY KEEP THEIR CELL PHONES?

No, they are only allowed to bring what is on the packing list for the summer and that does not include any personal electronics. If they do travel with their phone then it is turned-in during the check-in process and secured until they leave for the summer. They call home once a week, except for the first week of Cadet Basic Training. We encourage family to send mail, as "Mail Call" becomes a pretty exciting time for the Cadets and recruits. "Mail Call" is limited to letters only, please no packages.

13. CAN I VISIT DURING CAMP?

Not during the programs, but we do have "Friends and Family Night" on the Friday evenings before Saturday Graduation Days. You'll be invited on Camp Liberty from 6-9pm to join us for Retreat (lowering of the American Flag) followed by some presentations that we don't cover during Graduation. Keep in mind that some areas are off-limits due to our Youth Protection policies.

14. HOW IN SHAPE DO THEY NEED TO BE?

We have all types of young people attend our camps. Some are athletes and some are mathletes. There is no bottom-line of what kind of shape you have to be in to attend, but to officially graduate from Cadet Basic Training you have to pass a Physical Fitness Test that includes 2 minutes of sit-ups, 2 minutes of push-ups and a 2-mile run.

We recommend that all participants train before attending to at least be comfortable running a mile and performing 15 push-ups in a row. We can do a lot in 2-weeks, but it helps to have a baseline to start from.

WHAT WILL YOU DO THIS SUMMER?
NOW ENROLLING

YOUNG MEN AND WOMEN
AGES 13-18

EXTREME
MILITARY
CHALLENGE!

WWW.XMCCAMP.COM



COURSES FOR FIRST YEAR RECRUITS

“

I've been a single mom for all his life and it has just been us. Letting him go is difficult. I really do appreciate all the pictures, videos and updates. It helps me sleep at night. From the four letters I have received I gather he is enjoying it. I am constantly showing off the photos at work and a few parents are thinking of sending their kids next year.”

Kathia D., Mother of a Recruit in Cadet Basic Training

COURSES JUNE 25 – JULY 8, 2023 OR JULY 9 – 22, 2023 (2 WEEKS)

CADET BASIC TRAINING



Cadet Basic Training (CBT) is a two-week, high-adventure introduction to military life. You will train, sweat and find your inner-strength with other young people from around the United States and the world. CBT is likely to be the toughest experience a teen has had thus far in their life. This is the basis of all other XMC programs. To continue on to any XMC programs including the Cadet Field Leader Course or the Cadet Ranger School you must first attend Cadet Basic Training.

Recruits are led by seasoned Drill Instructors, NCOs and officers from all services who instill a high level of personal pride, self-discipline and internal confidence in each recruit. This program is designed to push teens and to help them respect what it takes to choose the military as a career path whether they do so or not.

This is an excellent opportunity to experience the military lifestyle as a primer for the possibility of future military service or attendance at a Service Academy or college ROTC. This is also a great program for teens looking for a challenge and self-improvement during the summer. We do not push our participants to join the military. We give them the experiences and knowledge to make an informed decision regarding serving.

Highlights of CBT include marksmanship training, rappelling, taking on a confidence course, self-defense training, and a formal Graduation Ceremony as the final event.

ADD-ON COURSE

JUNE 18 – 24, 2023 (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. Participants are taught the importance of the Performance Triad: Fitness, Nutrition, and Sleep.

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.

The course will be led by a fitness coach, and participants in the Cadet Fitness Challenge show the greatest improvement in their Physical Fitness test results. This is not a stand-alone course. Most enrollments are for the 5-week option of the Cadet Fitness Challenge, Cadet Basic Training and the Cadet Field Leader Course.



COURSES

JUNE 25 – JULY 22, 2023 (4 WEEKS)
OR JULY 9 – AUGUST 5, 2023 (4 WEEKS)

CADET BASIC TRAINING AND CADET FIELD LEADER COURSE

**OUR MOST
POPULAR
PROGRAMS.
FILLS FAST!**

If attending the first CBT+CFLC session you may also enroll for courses that takes place after CFLC; Cadet Ranger School Session 2 or Cadet Military Police Academy.

These will be listed under the “Returning Cadet” courses in Campminder. By that point in the summer your Challenger will have met all prerequisites.

This is a combined course that includes both our Cadet Basic Training (CBT) and Cadet Field Leader Course (CFLC). Approximately 75% of our Cadets will attend this option. This combined program is highly recommended for all new participants age 14+. The two courses combined total 4 weeks. Both sessions for this 4-week option are the same.

The Army trains Soldiers based on the philosophy of CRAWL- WALK-RUN. In order to run, you must know how to walk. To walk, you must have learned to crawl. Cadets learn to “Crawl” in Cadet Basic Training. The basic skills and experiences are built upon through the Cadet Field Leader Course where it’s time to “Walk.” Most learn best when the two courses are attended back-to-back, for a total of four weeks. CFLC becomes more mentally demanding than CBT and provides its own unique challenges of accountability, responsibility and proper critical thinking. No Drill Instructors but a lot of expectations, just like in real life.

The Cadet Field Leader Course is a two-week basic leadership program, based on the Army’s Warrior Leader Course with concepts and skills pulled from officer training as well. Cadets are exposed to leadership traits and principles, while working to develop an awareness of how they fit into a team. Each Cadet will serve in a leadership position. The CBT+CFLC option is ideal for new Challengers who intend to pursue a commission whether at a Service Academy or an ROTC program. XMC has former Cadets attending or graduates of West Point, the Naval Academy and the Air Force Academy.

Enroll now at: <https://xmccamp.campintouch.com/ui/forms/application/camper/App>



RECRUIT TO RANGER

CADET BASIC TRAINING + CADET RANGER SCHOOL

JUNE 18 – JULY 22 (5 WEEKS WITH CFC)
JULY 9 – AUGUST 5, 2023 (4 WEEKS)
LIMITED SPACES AVAILABLE



This is for those young people 16+ who think they've got what it takes to master the skills of Cadet Basic Training, while taking on the additional challenge of the Cadet Ranger School. Recruit to Ranger (R2R) recruits will attend Cadet Basic Training and then move to Cadet Ranger School Basic. This is either a 5-week option with Cadet Fitness Challenge, or 4-weeks later in the summer. Acceptance into the Cadet Ranger School is based on performance on the CBT PT Test and the CRS Evaluation Test.

You will have ONE CHANCE to pass the CRS Evaluation Test. If you pass all criteria you will finish Cadet Basic Training, preparing for the next two weeks of Cadet Ranger School. There are a very limited number of applicants allowed for the Cadet Ranger School programs, and of those number 20% typically do not pass the CRS Evaluation Test. You must be both physically and mentally prepared to push your limits.

If you do not meet the standards, you will be transferred to the Cadet Field Leader Course. Cadet Ranger School is reserved for highly-motivated and very physically fit applicants who are age 16+. There are no age waivers for this course.

CADET BASIC TRAINING AND CADET MILITARY POLICE ACADEMY

JULY 9 – AUGUST 5, 2023 (4 WEEKS)

The Cadet Military Police Academy is our third option for those that want to continue past their Cadet Basic Training (CBT) for a total of 4-weeks. The Cadet Military Police Academy gives Cadets an introduction to a career as Military Police/LEO. Training will include constitutional law, vehicle maintenance, arrest and restraint procedures, building search tactics, radio procedures, traffic control, handgun training and special operations subjects. Cadets will operate in small teams within a platoon format.



**THE CADET
MILITARY POLICE
ACADEMY
COURSE HAS
ONLY 24 SPOTS
AVAILABLE**

COLLEGE SCHOLARSHIPS FOR NOW. LIFE SKILLS FOR EVER.

GO TO MILITARYTCOLLEGE.COM



ARMY ROTC





THE ADVENTURE CONTINUES...

RETURNING XMC CADETS

AND FIRST-TIME PARTICIPANTS ATTENDING ADVANCED COURSES AFTER CBT

***COURSES FOR GRADUATES OF
XMC CADET BASIC TRAINING***

COURSE

JULY 9 – JULY 22, 2023 (2 WEEKS) OR
JULY 23 – AUGUST 5, 2023 (2 WEEKS)

CADET FIELD LEADER COURSE

Success in the military, academic or corporate environment is largely based on teamwork and communication skills. These are the fundamental traits of any good leader.

The Cadet Field Leader Course (CFLC) is a two-week basic leadership program, based on the Army's Warrior Leader Course. Cadets are exposed to leadership traits and principles, while also working to develop an awareness of how they fit into a team. This is a heavily field-based program, with teamwork exhibited in a fireteam, squad and platoon environment.

All the concepts learned in the first week are put to the test when CFLC goes into the field to complete a series of challenging scenerios that will put their ability to work as leaders and as a team to the test.

Many first-year attendees attend the Cadet Field Leader Course directly after graduating from Cadet Basic Training in their first summer. We recommend this option for anyone 14 and older.

Perfect for any teen desiring to improve their confidence to take charge and their critical thinking skills.

COURSE

JULY 9 – AUGUST 5, 2023 (4 WEEKS TOTAL OR 2 WEEK OPTIONS)

ADVANCED CADET FIELD LEADER COURSE

Graduates of the Cadet Field Leader Course (CFLC) serve in direct leadership roles in support of the CFLC program, or other courses as determined by the Cadre. The Advanced Cadet Field Leader Course (ACFLC) provides more one-on-one training and mentorship for the Cadets. ACFLC Cadets will act as support for the CFLC instructors and potentially other Cadre based on their interests. Full AFLC takes place spanning both CFLC courses for the summer, but there is the option to attend just one 2-week portion.

AFLC is a smart choice for graduates of CFLC to gain valuable leadership experience and continue their training off the foundation of CBT and CFLC. We recommend contacting us at admissions@xmccamp.com to discuss any potential career-interest placements, including; medical, basic training, operations, or public affairs. We aim to use AFLC Cadets as student instructors and demonstrators so they have the opportunity to mentor other Cadets. Placement/roles are based on performance and maturity.







CADET RANGER

RL TW

PHASE 1 JULY 9 – JULY 22 OR JULY 23 – AUGUST 5, 2023 (2 WEEKS)

PHASE 2 JULY 23 – AUGUST 5, 2023 (2 WEEKS)

**AT LEAST TWO
FEMALES MUST
ENROLL AND
MEET THE
STANDARDS TO
HAVE FEMALE
PARTICIPATION IN
THIS COURSE.**

There are those who are internally driven to push themselves harder, longer and further than those around them. The Cadet Ranger School (CRS) is meant for those hard-chargers. The two-part CRS is the toughest and most intense of our programs. This training is reserved for young men and women, age 15 and older, who are driven to excel. The CRS program has been split in two “Phases,” many only complete Phase 1 of CRS. Only the most bold return to earn their tan beret as Advanced Cadet Rangers. Graduated Cadet Rangers who attend Phase 2 serve in a leadership and mentorship role for the “Basic” CRS Phase 1 candidates while going through their own unique training. Based on maturity it is possible to take both phases in a single summer.

Statistically, 35% of those who start this course will NOT graduate from this program. Not everyone “wins a trophy.” Failure to meet ALL standards will result in transfer to another training program of equal length based on previous XMC experience.

Challengers who intend to take on the challenge that is CRS must be willing to push themselves both physically and mentally to have a chance to succeed.

COURSE

JUNE 18 - JULY 8, 2023 (3 WEEKS)

CADET MEDIC SCHOOL



The Cadet Medic School is a three-week course; formal training will occur during weeks 1 and 2 and followed by one week of scenerio training and Cadet Service Support time that legitimately includes working in medical support, under a qualified mentor, to gain some of the mandatory 12 field hours. The Cadet Medic School (CMS) will lead to the ability to be certified as a Emergency Medical Responder (EMR), and will also include American Heart Association Certification in CPR and use of an AED.

The didatic time will be 60 hours for EMR and six for CPR, with 12+ hours of field experience. There will be an online examination which will allow for being included in the EMS National Registry upon successful licensing in the Cadet's home of record. EMR does NOT require the Cadet to be 18+, based on state of residence. This course is ideal for Cadets who are interested in a medical career. Limited spaces are available for this course.



COURSE

(20 OR MORE WEEKS, MUST BE 15 YEARS OLD)

CADET TRAINING SERVICE SUPPORT

Even in the U.S. Marine Corps, where “every Marine is a rifleman,” there are support personnel to ensure the system moves efficiently. Cadet Training Service Support allows XMC Cadets to assist in summer preparation prior to camp and operational support during the summer.

This is on-the-job training during the summer, for Cadets who have graduated from the Cadet Field Leader Course or Cadet Ranger School. Cadets will be involved in the operation of the camp, including administration, public affairs, operations, supply, etc. Hard work but also the chance to learn from the Cadre and gain additional mentorship.

Applicants must be highly-qualified and hand-picked for this program. This course is also ideal for Cadets of XMC who have completed at least four weeks of XMC Programs and are at least 15 years of age.

CONTACT OUR ADMISSIONS OFFICER PRIOR TO ENROLLMENT TO ENSURE ACCEPTANCE BASED ON QUALIFICATIONS AND OTHER RESTRICTIONS. COURSE PRICE IS BASED ON TWO WEEKS.

COURSE

JULY 23 – AUGUST 5, 2023 (2 WEEKS)

CADET MILITARY POLICE ACADEMY

The Cadet Military Police Academy is a two-week advanced program which will include an introduction to military and civilian law enforcement careers. The training will be heavily focused on hands-on application, including Close Quarters Combat (CQB) and scenario-based experiential training.

Instructors will include veterans of the Military Police Corps; federal law enforcement officers; and professionals representing forensics, investigations and dispatch careers. The Cadet Military Police Academy training topics will include:

- * Constitutional law and fundamentals of law enforcement
- * Patrol procedures and Investigation
- * Traffic stops and emergency vehicle operations
- * Communication, professionalism and Report writing,
- * Defensive tactics, firearms skills and use of force
- * Ethics and integrity
- * Scenerio training and demonstrations in
the areas of law and behavioral science.

**THE CADET
MILITARY POLICE
ACADEMY
COURSE HAS
ONLY 24 SPOTS
AVAILABLE**

WHAT OUR XMC PARENTS SAY

“

My two sons attended last summer and will return this year. I concluded on my own that they needed to learn more about respect and cleanliness.

The change in their manners was immediate. Their demeanor was more settled, less boy, more man. The camp is tough but good for growing up. As for R-Day; pack only what is on the list.

Pamela C., Mother of a Two Boys that attended for 4 weeks, CBT+Cadet Field Leader Course

“

My son knows now he can do whatever he puts his mind to. This camp gave him a new perspective on perseverance; he refused to give up, he kept going and did more than he thought he could do. The staff brought out his full potential. It was tough, but when he got off the plane he couldn't stop talking about what he had accomplished. You will NEVER regret sending your child.

Laura Y., After Son returned from Cadet Basic Training

“

My daughter was like a fish outta water when her older sisters talked about ROTC or the military, she was left out. Having her join XMC summer camp last year for 2-weeks, well, needless to say that I was a bit nervous because I did not know if she liked it or hated it. When she came home from 2-weeks training, she spoke about her experience non-stop, she LOVED IT!!!

Just with the 2-weeks of training last summer, being away from home and the idea of “moving forward” ... there is no turning back was the best thing she has ever done and the experience is sooooo worth it. 8-weeks of traditional boot camp condensed to 2-weeks was jammed packed of on-the-go activities, rest was not an option, teamwork was instilled in all Cadets and to be good hearted adults is what it is all about.

My daughter was not able to grow and learn by staying home during the summer in front of the TV all day...she became an independent young lady ready to serve and make something of herself. XMC Camp is the best thing for male and females who are interested to know what the military is all about and if it's for them.

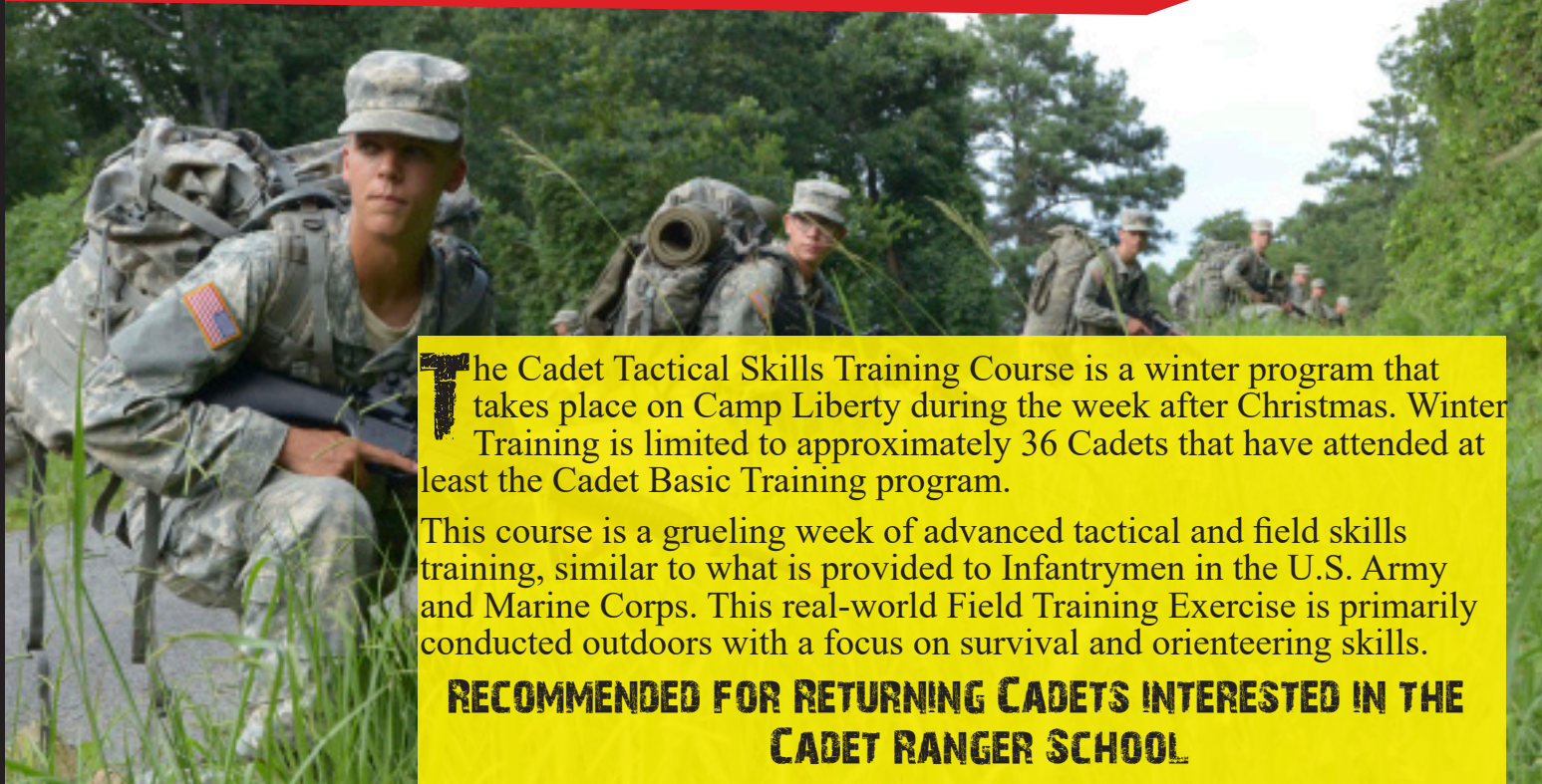
Delilah S., Las Vegas



WINTER TRAINING

DEC 27, 2023 - JAN 2, 2024 (1 WEEK)

CADET TACTICAL SKILLS TRAINING



The Cadet Tactical Skills Training Course is a winter program that takes place on Camp Liberty during the week after Christmas. Winter Training is limited to approximately 36 Cadets that have attended at least the Cadet Basic Training program.

This course is a grueling week of advanced tactical and field skills training, similar to what is provided to Infantrymen in the U.S. Army and Marine Corps. This real-world Field Training Exercise is primarily conducted outdoors with a focus on survival and orienteering skills.

**RECOMMENDED FOR RETURNING CADETS INTERESTED IN THE
CADET RANGER SCHOOL**

“My 14-year old son decided he wanted to enter the military. He came to me with a presentation of why I should let him go to **Extreme Military Challenge!** for 5 weeks this summer. He had done a bunch of research and decided on this camp in Alabama because it looked the most realistic to military boot camp.

I, however, didn't do my research and didn't realize it was just like bootcamp, but the amazing parent support group that comes with the program helped me work through some of those protective parent fears and concerns.

When I saw my son for the first time three weeks later at the graduation from recruit to Cadet, he was still my son, but he was not the boy I sent off ... a young man now stood before me. I asked him if there was a time he wanted to quit. [...] He said the Drill Instructors don't care if you can't do something as long as you don't quit on yourself and stop trying. He said he is really proud of himself because there were many times his brain said he couldn't do something, but then he did it. He said he realized he is much stronger mentally than he ever thought he was.

The care and passion that COL Land and every single person in charge of our young men and women show is unbelievable. Your child will grow in an unbelievable way that makes you so proud and you will grow too as a parent.

It is an amazing experience that any kid who desires to be in a service and/or leadership role should go through. My son wouldn't want to repeat the recruit basic training again, but he got through it and he's talking about going back next year already. So impressed with every aspect of this camp. “

HEATHER O.

“This camp has changed my sons life! It has also changed my family's life. Not only can this camp give practical core values to all youth, it can take a leader of peers, to a leader of leaders. While I have spent my entire life trying to motivate and educate my son on responsibility and gratitude, it is XMC camp that has reprogrammed my son and pushed him to an elite level of character, self belief, and a REAL drive to lead and succeed. Absolutely the best investment I have ever made!”

AUSTEN F.

“My 15 y/o daughter joined JROTC this year & made the Raiders team. However, she had some difficult times physically & mentally, so she wanted to find a boot camp this summer to help her.

As I researched the internet, I found many “disciplinary” boot camps for parents to send their “troubled teens” to. After much research, and many phone calls, **Extreme Military Challenge!** was the ONLY realistic military boot camp worth sending my daughter to!!

And now, thanks to **Extreme Military Challenge!**, their REAL military style Boot Camp, their professional Cadre, Drill Instructors, medical team & support staff....my daughter left behind her insecurities, her self-centeredness and her immature attitude! She is now a proud, mature, & respectful CADET that appreciates the term “earn” vs “privilege”, family, values and helping others! She stayed for the Cadet Field Leadership Course...can't wait to observe further changes in my new young lady, and how this remarkable program will effect her decisions, her life and her future!”

DORI S.

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 from all over the world 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:

- On-site Obstacle Courses, including a Law Enforcement Fitness Course.
- 100 meter Marksmanship Range.
- Well-maintained buildings, all updated within the last 5-years.
- Air-conditioned Barracks, Dining Facility and Classrooms.
- Completely separate buildings for Male and Female attendees.
- 70+ Acre Facility with Field-Training locations, including a low-ropes course.
- Swimming pool.
- 4200 sq. ft. Tactical Skills Training Facility.
- New Medical Aide Station building with training facilities for Cadet Medic School.
- Pugil Stick and Martial Arts training areas.

On Receiving Days and Graduation Days, we provide optional ground transportation between the Birmingham-Shuttlesworth International Airport and Camp Liberty for participants traveling alone. Ground Transportation can be added during enrollment or later on your "Additional Options" form in your CampMinder account. Participants will arrive on the first day listed for their course and depart on the last day.



NEARBY RESOURCES

OLYMPIC POOL

RAPPEL TOWER

MOUNTAIN RAPPELLING

1000+ SEAT GRADUATION SITE

180K ACRE FTX SITE



WHY CHOOSE XMC?

IT'S SIMPLE...THERE'S NOTHING BETTER!

The *Extreme Military Challenge! (XMC)* military summer camp, operated by Liberty Communications, LLC, is the premier program of its type on the finest facility available. XMC's senior staff have on average more than 25+ years of experience running Cadet programs in locations throughout the United States, providing thousands of teenagers the opportunity to experience the military lifestyle through realistic and challenging programs.

Our program is hands-down the best camp available, compared to the limited number of programs even remotely similar to XMC. XMC's staff is passionate about providing the best and safest experience possible, while still giving young men and women an incredibly realistic and challenging look at what a military career would entail. Our staff includes a number of experienced Army, Coast Guard, Marine Corps and Air Force Drill Instructors (the DoD generic title for military basic training instructors) as well as summer camp professionals with decades of experience providing quality programs for teenagers. Most programs can not say the same.



FEATURE	XMC OFFERS
PARTICIPANTS	<p>We are NOT a program for delinquent or “at-risk” youth. Our Cadets must be drug-free and crime-free and want to attend. We serve young men and women ages 13-18. If your child is sent to our programs against their will they will be sent home without a refund.</p>
BARRACKS	<p>Camp Liberty has 250+ beds in both open-bay barracks style buildings for new Recruits and smaller bunkrooms for advanced programs. Males and Females do not share a building like some camps. We also have large latrines with private showers and stalls. Our buildings are all maintained by a full-time staff and are constantly being updated.</p>
PROGRAM SCHEDULE	<p>Our training days are full of activities and classes, and are based on the military’s Basic Training programs, with early morning Physical Training, barracks inspections and time-honored ceremonies such as the lowering of the American flag during Evening Retreat which is conducted by the Cadets.</p>
FACILITIES	<p>Camp Liberty has abundant training space, a chapel, auditorium, recreation areas, outdoor pool, 100 meter marksmanship range and multiple sites used for field training like our Cadet Ranger Village and our 4200 sq. ft. Tactical Skills Training Facility. A brand new medical building was added in 2021 to serve as a training facility for Cadet Medic School and to house the Medical Aide Station during the summer.</p>
OFF-SITE RESOURCES, POOL AND RECREATION AREAS	<p>Our training pool, additional firing range and high ropes course are all within close distance to Camp Liberty. An on-site pool for recreation is available for Cadets attending advanced programs.</p>

FEATURE	XMC OFFERS
STAFF EXPERIENCE	<p>XMC's senior leadership has extensive experience in the operation and management of 25+ Cadet summer training programs. Our staff has vast military, Cadetting and corporate experience. Each staff member is required to undergo an extensive background check and must complete Youth Protection training. Additionally, our staff is registered and screened by the Boy Scouts of America (BSA) through the Learning for Life (LFL) program, where we are chartered as Explorer Post 1842.</p>
FOOD SERVICE	<p>The Dining Facility has nutritiously balanced meals provided by a contracted food service provider. The meals are designed for highly active teens and provide the calories and nutrients needed to succeed at XMC. Our Cadets serve as Kitchen Patrols (KPs) to clean up after meals, teaching personal responsibility. All facilities meet the standards set forth by the Alabama State Board of Health.</p>
ENROLLMENT PROCESS	<p>Enrollment is completely online, with automated billing to your credit card or bank account. Payments are made through a secure third-party provider to keep your financial information private and safe. To register just click ENROLL NOW! at the top of XMCCamp.com.</p>
PRICE	<p>We are the most affordable realistic military-style camp available, with a variety of discounts, including for sons and daughters of military veterans. Payment plans are available to allow you to pay a percentage of the tuition each month leading up to the summer. The price also covers all uniforms and equipment used while attending XMC.</p>

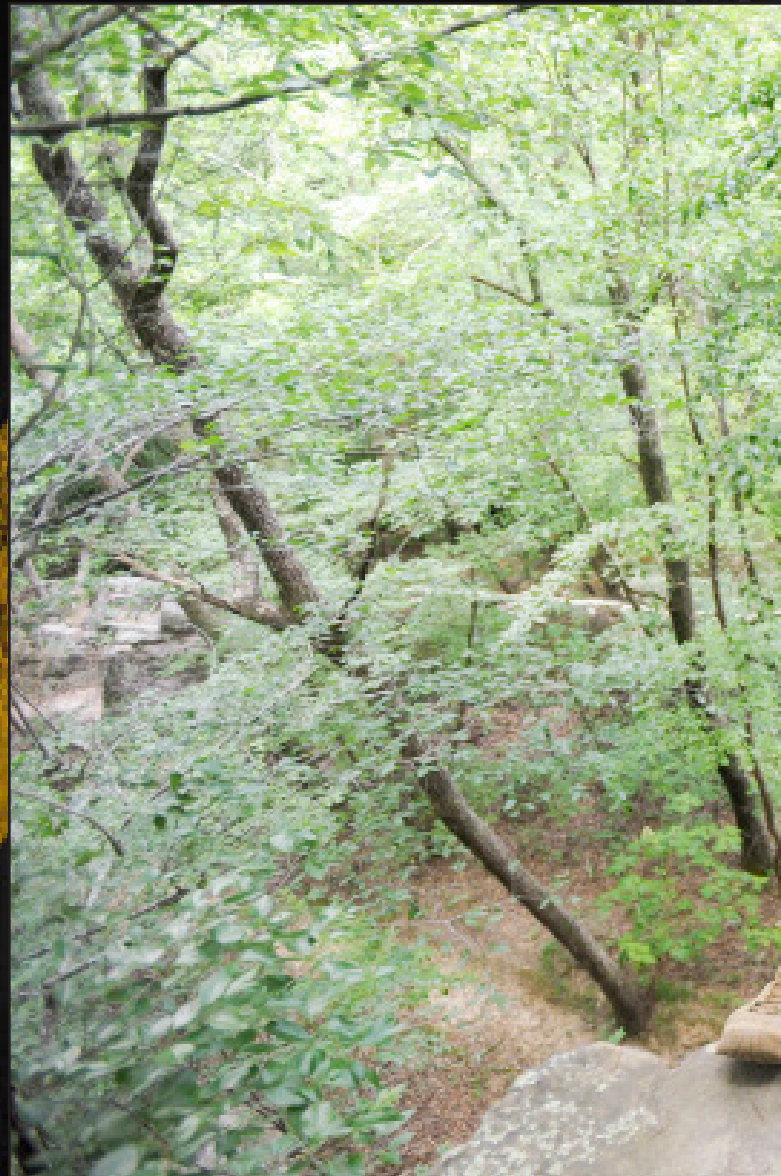
FEATURE	XMC OFFERS
LEGACY	<p>Graduates of our Cadet Basic Training have gone on to success in all walks of life most notably within the military. Our Cadets have an incredibly high rate of being Honor Graduates from their basic training if they enlist. We have had dozens of XMC Cadets attend college with an ROTC scholarship. Finally, we have had multiple Cadets accepted into the U.S. Service Academies.</p>
UNIFORMS	<p>Cadets and cadre wear the Army Combat Uniform (or uniform appropriate to their military background), with distinct modifications in accordance with official Army Uniform Regulations. While our Recruits and Cadets do wear the Army Combat Uniform our programs are designed to explore the possibility of a career in all the different branches of the military. Uniforms and equipment are provided as part of the enrollment fee.</p>
DURATION	<p>We offer a total of seven weeks of programming. There is an option for first-time attendees to choose either a 2-week Cadet Basic Training course or one of multiple options that could begin with the 1-week Cadet Fitness Challenge and end with the 2-4 weeks of additional courses. See our list of programs for the various options.</p>
<p>If you have questions about XMC programs, facilities or staff qualifications, please feel free to contact us by email at admissions@xmccamp.com or call us at 855-XMC-CAMP.</p>	



ARE YOU COMPARING PROGRAMS? HERE ARE SOME IMPORTANT FACTS YOU SHOULD LOOK INTO...

- **Ask for specifics and documentation regarding insurance coverage.** Be sure the program has sufficient liability and accident insurance. We also have comprehensive accident insurance for each Cadet. The coverage is considered to be “excess insurance.” It will pay the first \$150 of any claim, and then requires that the personal insurance of the individual or family member come into force.
- **Ask about facilities, including whether the barracks are air conditioned in the heat of the summer.** What is the inspection and maintenance schedule; and information regarding the overall physical condition of the buildings and grounds. Has the facility had significant safety violations or concerns recently? When was it inspected last?
- **Where will the Cadets be housed?** Are males and females housed in separate buildings, with sufficient distance from one another? What are the square footage standards per Cadet as required by state law? How many toilets, showers and sinks are available per Cadet? XMC Cadets are billeted in air-conditioned open-bay barracks, with separate buildings for males and females. Linens are rotated weekly as mandated by camp code.
- **What are the qualifications and certifications of the food service staff?** Camp Liberty offers great food, which is healthy and plentiful, prepared by certified food service professionals. All facilities meet the standards set forth by the Alabama State Board of Health. State-specific laws for camps can be found on the American Camp Association website.
- **What is the experience level of the staff?** How many summers of Cadet

programming has the senior leadership safely executed? Is the staff certified by outside agencies to operate a rappel tower, rifle range, swimming pool, etc.? What is the military experience of the staff? Have they been professionally trained in youth development? Are they CPR/First Aid certified? Our primary cadre has decades of working with young people in a military Cadet environment. All high-adventure activities are facilitated by cadre who have been certified by a third-party agency.



- **Are all staff members subjected to a detailed background check prior to working with your child?** Our staff is registered and screened by the Boy Scouts of America (BSA) through the Learning for Life (LFL) program, chartered as Explorer Post 1842. Many organizations claim to be chartered through Scouting; however, only a small number actually are. Ask to see the official Charter document from BSA or LFL and ensure it is currently valid. Ask point-blank questions regarding

whether there have been any sexual assaults or other sexual impropriety associated with their camp.

- **What is the ratio of Staff to participants?** It is concerning how many programs are out there that have 3-4 staff for 50+ teens. XMC maintains an average of 1 staff member for every 10 Cadets.

IF YOU HAVE QUESTIONS ABOUT XMC PROGRAMS, PLEASE FEEL FREE TO CONTACT US BY EMAIL OR CALL US AT 855-XMC-CAMP. WE ARE ALWAYS PREPARED TO RESPOND TO ANY OF THE QUESTIONS ABOVE IN GREAT DETAIL.



SAMPLE SCHEDULE

This sample schedule is representative of a typical day in most XMC programs, not to include field training days and atypical courses such as Cadet Ranger School. Very little “free time” is scheduled in, typically only 2 hours in the evening during their time to make sure areas are clean and inspection-ready.

0545	Reveille / Wake-up
0555	Accountability formation (head-count and status-check of Challengers)
0600 - 0650	Physical Training
0700 - 0750	Hygiene, barracks prep, dress
0750 - 0830	Morning Med Call and Sick Call (as needed prior to breakfast)
0800 - 0845	Breakfast
0845 - 1130	Training (class, field skills, marksmanship, etc.)
1130 - 1230	Lunch
1300 - 1400	Barracks and Personnel Inspection
1400 - 1700	Training (typically alternating in-door and outdoor to account for summer heat conditions)
1700 - 1800	Dinner
1830	Retreat (lower American Flag) and Mail Call
1900	Evening Med 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/Hygiene Check, 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

“

“I’ve had the pleasure of sending two of my boys to a great military camp for two years under the direction of Colonel Land. It was an awesome life changing experience for them. I highly recommend the program”

Patti G. – Proud Mother of Two Cadets

MARKSMANSHIP TRAINING

Extreme Military Challenge! is registered as a training site through the Civilian Marksmanship Program (CMP).

The primary training weapon for XMC Cadets and Recruits and all rifle marksmanship is the Colt M4 Ops .22 caliber Semi-Automatic Rifle. The Colt M4 OPS is a “true to the original” replica of the current version of the M-16 machine gun issued to Special Forces operators in the U.S. Like the original, the replica features an Ops length barrel, collapsible stock, and quad skeleton fore-end with accessory rails. While very similar to the M-16, this .22 caliber weapon is easy to handle, making it very safe for training Cadets on the basics of marksmanship safety and accuracy. Only Recruits and Cadets that have proved themselves to be responsible and able to follow instructions will be allowed on the marksmanship range.



XMC also uses the airsoft/paintball training for advanced courses such as Cadet Ranger School and the Winter Cadet Tactical Skills Training course.





ENROLLMENT FEES



COURSES FOR FIRST YEAR RECRUITS

COURSE	DATES	REGULAR PRICE
CADET BASIC TRAINING	June 25 - July 8, 2023 or July 9 - July 22, 2023 2 weeks	\$2500
CADET BASIC TRAINING AND CADET FIELD LEADER COURSE	June 25 - July 22, 2023 or July 23 - August 5, 2023 4 weeks	\$4350
CADET FITNESS CHALLENGE + CADET BASIC TRAINING	June 18 - July 8, 2023 3 weeks	\$3350
CADET BASIC TRAINING AND CADET RANGER SCHOOL	July 9 - August 5, 2023 4 weeks	\$4550 (Note 1)
CADET BASIC TRAINING AND CADET MILITARY POLICE ACADEMY	July 9 - August 5, 2023 4 weeks	\$4250
CADET FITNESS CHALLENGE + CADET BASIC TRAINING + CADET FIELD LEADER COURSE	June 18 - July 22, 2023 5 weeks	\$5150

**CHECK ONLINE AT XMCCAMP.COM TO SEE CURRENT SPACE AVAILABILITY FOR COURSES
WE REACH CAPACITY EACH YEAR.**

PAYMENT PLANS ARE AVAILABLE. VISIT XMCCAMP.COM AND CLICK THE ENROLL NOW! BUTTON FOR MORE DETAILS

SPECIALTY COURSES

COURSE	DATES	REGULAR PRICE
WINTER COURSE: CADET TACTICAL SKILLS TRAINING	December 27, 2023 – January 2, 2024 1 week	\$1250 (Note 2)
CADET MEDIC SCHOOL	June 18 - July 8, 2023 3 weeks	\$3600

**SPECIALTY COURSES ARE NOT ELIGIBLE FOR DISCOUNTS.
\$200 LATE ENROLLMENT FEE FOR SOME COURSES AFTER MAY 1ST**

RETURNING XMC CADETS

COURSE	DATES	REGULAR PRICE
CADET FIELD LEADER COURSE	July 9 - July 22, 2023 or July 23 – August 5, 2023 2 weeks	\$2550
CADET RANGER SCHOOL PHASE 1 (NOTE 3)	July 9 - July 22, 2023 or July 23 – August 5, 2023 2 weeks	\$2750
CADET RANGER SCHOOL PHASE 2	July 23 – August 5, 2023 2 weeks	\$2750
CADET ADVANCED FIELD LEADER COURSE - CADET CADRE (NOTE 4)	July 9 - August 5, 2023 4 weeks	\$3950
CADET ADVANCED FIELD LEADER COURSE	July 9 - July 22, 2023 or July 23 – August 5, 2023 2 weeks	\$2450
CADET COMBAT ENGINEER SCHOOL	June 25 - July 8, 2023	\$2450
CADET MILITARY POLICE ACADEMY	July 23 – August 5, 2023 2 weeks	\$2550
CADET TRAINING SERVICE SUPPORT (NOTE 5)	Any 2 week period, 1 week periods available upon request (Great option to arrive before Cadet Ranger School to prep yourself)	\$850 per week
LOG-IN TO THE ONLINE ENROLLMENT SYSTEM BY VISITING XMCCAMP.COM AND CLICKING “ ENROLL NOW. ” ONLINE YOU WILL FIND ADDITIONAL PROGRAM OPTIONS.		

CAMP LIBERTY ADULT COURSES

COURSE	DATES
VARIOUS OPTIONS FOR THOSE AGE 18+ (NOTE 6)	Available Online at mybootcampchallenge.com

- NOTE 1:** Recruit must be age 16+ (no exceptions) and in excellent physical condition.
- NOTE 2:** Does not include a full replacement of uniforms, except XMC T-Shirts and Shorts.
- NOTE 3:** Age 15+ (no exceptions) and in excellent physical condition.
- NOTE 4:** Graduates of Cadet Field Leader Course.
- NOTE 5:** Graduates of Cadet Ranger Course or Cadet Field Leader Course – Contact Admissions for eligibility.
- NOTE 6:** Open to Ages 18+, with emphasis on adults without military experience. For details, go to mybootcampchallenge.com.

EMS



FY-2023 DATES: MARCH 5 - APRIL 1, 2023
SEPTEMBER 24 - OCTOBER 21, 2023

MINIMUM AGE: 18

PRICE: NO COST IF SPONSORED BY
GLOBAL MEDICAL RESPONSE (GMR)

VET2EMS.COM

STILL CALLED TO SERVE? PUT YOUR CIVILIAN CAREER ON THE FAST TRACK

Your service in the Armed Forces has come to an end, but the desire to serve others in a rewarding, high-energy and mission-critical environment remains. Your skills uniquely qualify you for a career in Emergency Medical Services (EMS), and we can help you launch this next chapter in your life with **EMS Fast-Track**.

Condensed and Intense Program Offering

- Complete all academic credentialing requirements in approximately 30 days
- Train with other military veterans from all branches in a highly immersive, residential environment
- Have a job waiting for you upon graduation and fast-track your civilian career
- Develop a career within EMS that takes full advantage of your mission-focus, leadership and commitment to excellence

EMS Fast-Track takes place at Camp Liberty in Battleground, Alabama and is open to former military transitioning to civilian roles, military family members and even those without any military affiliation. The expedited training is provided by seasoned instructors, working in partnership with Global Medical Response (GMR), the nation's leading provider of ground and air medical transportation.

About EMS Fast-Track

- Free four-week training if you contract to work for GMR upon graduation, including a \$2,000 hire bonus
- Instruction for career opportunities as Emergency Medical Technicians (EMTs) and Emergency Vehicle Operators
- Hands-on clinicals, CPR/AED Certification, Tactical Casualty Care Certification
- Eligible for the DoD SkillBridge program. Training will be conducted at Camp Liberty, followed by on-the-job training at one of our many locations nationwide

Start your path to continue your service to others at Camp Liberty. Begin your career in EMS in the shortest time possible.

844.838.2367 | EMS@camp-liberty.com



SCAN TO APPLY





SCHOLARSHIPS AND DISCOUNTS

We are regularly asked if we offer “scholarships” for our various training programs. Simply put, the answer is NO. Liberty Communications, LLC, which owns and operates **Extreme Military Challenge!**, does not have funding that would allow us to provide a “scholarship” to young people who wish to attend our various courses. Even if there was such a fund, it would not be used for new recruits attending our Cadet Basic Training and certainly would not be a “full ride” scholarship. We are firmly of the mindset “...that which is free, has no value.” Anything worth having is worth working for.

A new recruit, who has not attended our Cadet Basic Training program, has not PROVEN themselves by doing all that is necessary to earn the title of “Cadet.” Therefore, there is no means to provide a merit-based scholarship.

XMC does offer some discounts, for select programs, in recognition of service to country and community. Go to our website at XMCCamp.com for details.

10% DISCOUNT

- A son or daughter of Active Duty, Reserve and National Guard personnel, as well as sons and daughters of law enforcement officers and firefighters.
- A son or daughter of any military personnel (including veterans) who have received the Purple Heart or the Bronze Star or above based on Valor (documentation required), or law enforcement personnel who have been recognized at a comparable level.

\$100 Discount

- Related to a military veteran, law enforcement officer or firefighter (eligibility includes grandparents, parents, aunt/uncle, brother, sister).

If you have questions, feel free to contact us at 855-XMC-CAMP to be interviewed for eligibility for a discount and to receive a Discount Code. Discounts cannot be combined under any circumstances.

WHAT OUR XMC PARENTS SAY

“ You have helped us to feel our son is safe at all times. 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....

“ ...the facilities are state-of-the-art. The staff provides the right combination of commanding respect and understanding their age. The recruits all seemed to readily want to push their limits and I am sure they have learned so much about life in general from the fine leaders. I can't wait to see first-hand how this experience has affected our son.

Kathleen C., Mother of a Recruit in Cadet Basic Training

“ Such a wonderful surprise!!! The 'yes ma'ams' threw me off (I've never been called that before). I will sleep well tonight after getting an update from him. Thank you! Thank you!"

Jennifer H., After Receiving First Phone Call During Cadet Basic Training



ENROLL NOW

XMCCAMP.COM