



UNITED STATES MARINE CORPS

COMMANDING OFFICER
MARINE AVIATION TRAINING SUPPORT GROUP
700 AVENGER AVENUE
LEMOORE, CA 93246-5016

IN REPLY REFER TO:
Canc: Mar 97

GruBul 1510
Trng
23 Jan 97

GROUP BULLETIN 1510

From: Commanding Officer
To: Distribution List

Subj: BARRACKS SUPPORT TRAINING PLAN FOR THE MONTH OF FEBRUARY
1997

Encl: (1) Barracks Support Training Plan For The Month of February
1997
(2) Weekly Schedule of Events for Physical Training

1. Purpose. To establish the Group's training objectives for Barracks Support Marines.
2. Information. The enclosure is a schedule of training to be conducted during the month of February 1997.
3. Action. The MATSG Training Officer will utilize the enclosure to complete the Barracks Support training objectives for the month of February 1997.

L. R. ROBERTS
By direction

DISTRIBUTION: A

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BARRACKS SUPPORT TRAINING PLAN FOR THE MONTH OF FEBRUARY 1997

<u>Dates</u>	<u>Time</u>	<u>Event</u>	<u>Location</u>	<u>POC</u>
3 Feb Monday	0730	Formation/ Uniform Inspection	Tower "A"	Sgt Dixon
	0800-1000	Barracks Clean-Up	Tower "A"	Sgt Dixon
	1000-1130	Physical Training	Gym	SSgt Williams
	1130-1300	Chow	NAS Galley	
	1300	Formation	Tower "A"	Sgt Dixon
	1330-1630	Trng Coordinator	Bldg 738	MSgt Owens
4 Feb Tuesday	0730	Formation/ Uniform Inspection	Tower "A"	Sgt Dixon
	0800-1000	Barracks Clean-Up	Tower "A"	Sgt Dixon
	1000-1130	Physical Training	Gym	SSgt Williams
	1130-1230	Chow	NAS Galley	
	1245	Formation	Tower "A"	Sgt Dixon
	1300-1330	CO's Introduction	Bldg 738	CO, MATSG
		Chaplain's Brief	Bldg 738	Chapl Creider
	1330-1345	Barracks Regulation	Bldg 738	SSgt Beltran
	1345-1400	Break		
	1400-1430	Savings Bond Brief	Bldg 738	CWO2 Swainson
	1500-1630	SRB/SGLI/RED	Bldg 738	Sgt Moreno
5 Feb Wednesday	0630	BWT	Hornet's Nest	TBD
	0745	Formation	Tower "A"	Sgt Dixon
	0800-1000	Barracks Clean-Up	Tower "A"	Sgt Dixon
	1000-1130	Physical Training	Gym	SSgt Williams
	1130-1300	Chow	NAS Galley	
	1300	Formation	Tower "A"	Sgt Dixon
	1330-1630	Trng Coordinator	VFA-125 Hanger (MTU Section)	SSgt Garcia
6 Feb Thursday	0730	Formation/ Uniform Inspection	Tower "A"	Sgt Dixon
	0800-1000	Barracks Clean-Up	Tower "A"	Sgt Dixon
	1000-1130	Physical Training	Gym	SSgt Williams
	1130-1300	Chow	NAS Galley	
	1300	Formation	Tower "A"	Sgt Dixon

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	1310-1500	Barracks Support	Tower "A"	Sgt Dixon
	1500-1630	Barracks Insp (Night Crew)	Tower "A"	Sgt Dixon
	1730	Field Day Formation	Tower "A"	Sgt Dixon
7 Feb Friday	0730	Formation/ Uniform Inspection	Tower "A"	Sgt Dixon
	0800-1000	Barracks Clean-Up	Tower "A"	Sgt Dixon
	1000-1130	Barracks Inspection	Tower "A"	SgtMaj
	1130-1300	Chow	NAS Galley	
	1300	Formation	Tower "A"	Sgt Dixon
1st/3rd Friday	1310-1500	Aviation Orien.	VFA-125	Capt Heppner
	1500-1630	Barracks Spt	Tower "A"	Sgt Dixon
10 Feb Monday	0730	Formation/ Uniform Inspection	Tower "A"	Sgt Dixon
	0800-1000	Barracks Clean-Up	Tower "A"	Sgt Dixon
	1000-1130	Physical Training	Gym	SSgt Williams
	1130-1300	Chow	NAS Galley	
	1300	Formation	Tower "A"	Sgt Dixon
	1330-1630	Trng Coordinator	Bldg 738	MSgt Owens
11 Feb Tuesday	0730	Formation/ Uniform Inspection	Tower "A"	Sgt Dixon
	0800-1000	Barracks Clean-Up	Tower "A"	Sgt Dixon
	1000-1130	Physical Training	Gym	SSgt Williams
	1130-1300	Chow	NAS Galley	
	1300	Formation	Tower "A"	Sgt Dixon
	1330-1430	Prom/Comp Score	Bldg 738	Sgt Moreno
	1430-1500	MCI/Prof Read Prog	Bldg 738	SSgt Williams
	1500-1630	UCMJ/Legal	Bldg 738	GySgt Emerson
12 Feb Wednesday	0730	Formation/ Uniform Inspection	Tower "A"	Sgt Dixon
	0800-1000	Barracks Clean-Up	Tower "A"	Sgt Dixon
	1000-1130	Physical Training	Gym	SSgt Williams
	1130-1300	Chow	NAS Galley	

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	1300	Formation	Tower "A"	Sgt Dixon
	1330-1630	Trng Coordinator	VFA-125 Hanger (MTU Section)	SSgt Garcia
13 Feb	0730	Formation/ Uniform Inspection	Tower "A"	Sgt Dixon
Thursday	0800-1000	Barracks Clean-Up	Tower "A"	Sgt Dixon
	1000-1130	Physical Training	Gym	SSgt Williams
	1130-1300	Chow	NAS Galley	
	1300	Formation	Tower "A"	Sgt Dixon
	1310-1500	Barracks Support	Tower "A"	Sgt Dixon
	1500-1630	Barracks Insp (Night Crew)	Tower "A"	Sgt Dixon
	1730	Field Day Formation	Tower "A"	Sgt Dixon
14 Feb	0730	Formation/ Uniform Inspection	Tower "A"	Sgt Dixon
Friday	0800-1000	Barracks Clean-Up	Tower "A"	Sgt Dixon
	1000-1130	Barracks Inspection	Tower "A"	SgtMaj
	1130-1300	Chow	NAS Galley	
	1300	Formation	Tower "A"	Sgt Dixon
	1310-1500	Physical Training	Gym	SSgt Williams
	1500-1630	Barracks Spt/ Freedom Walk Clean-up	Tower "A" Bldg 700	Sgt Dixon
17 Feb	HOLIDAY ROUTINE			
18 Feb	0730	Formation/ Uniform Inspection	Tower "A"	Sgt Dixon
Tuesday	0800-1000	Barracks Clean-Up	Tower "A"	Sgt Dixon
	1000-1130	Physical Training	Gym	SSgt Williams
	1130-1300	Chow	NAS Galley	
	1300	Formation	Tower "A"	Sgt Dixon
	1330-1400	Saving's Bond Brief	Bldg 738	CWO2 Swainson
	1400-1430	LES	Bldg 738	Cpl Putts
	1430-1530	Career Planner	Bldg 738	SSgt German
	1530-1630	PME Requirements	Bldg 738	SSgt Williams

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19 Feb	0630	BWT	Gym	TBD
Wednesday	0800	Formation/ Uniform Inspection	Tower "A"	Sgt Dixon
	0830-1000	Barracks Clean-Up	Tower "A"	Sgt Dixon
	1000-1130	Physical Training	Gym	SSgt Williams
	1130-1300	Chow	NAS Galley	
	1300	Formation	Tower "A"	Sgt Dixon
	1330-1630	Trng Coordinator	VFA-125 Hanger (MTU Section)	SSgt Garcia
20 Feb	0730	Formation/ Uniform Inspection	Tower "A"	Sgt Dixon
Thursday	0800-1000	Barracks Clean-Up	Tower "A"	Sgt Dixon
	1000-1130	Physical Training	Gym	SSgt Williams
	1130-1300	Chow	NAS Galley	
	1300	Formation	Tower "A"	Sgt Dixon
	1310-1500	Barracks Support	Tower "A"	Sgt Dixon
	1500-1630	Barracks Insp (Night Crew)	Tower "A"	Sgt Dixon
	1730	Field Day Formation	Tower "A"	Sgt Dixon
21 Feb	0730	Formation/ Uniform Inspection	Tower "A"	Sgt Dixon
Friday	0800-1000	Barracks Clean-Up	Tower "A"	Sgt Dixon
	1000-1130	Barracks Inspection	Tower "A"	SgtMaj
	1130-1300	Chow	NAS Galley	
	1300	Formation	Tower "A"	Sgt Dixon
	1310-1500	Aviation Orien	VFA-125	Capt Heppner
	1500-1630	Barracks Spt	Tower "A"	Sgt Dixon
24 Feb	0730	Formation/ Uniform Inspection	Tower "A"	Sgt Dixon
Monday	0800-1000	Barracks Clean-Up	Tower "A"	Sgt Dixon
	1000-1130	Physical Training	Gym	SSgt Williams
	1130-1300	Chow	NAS Galley	
	1300	Formation	Tower "A"	Sgt Dixon
	1330-1630	Trng Coordinator	Bldg 738	MSgt Owens

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25 Feb	0730	Formation/ Uniform Inspection	Tower "A"	Sgt Dixon
Tuesday				
	0800-1000	Barracks Clean-Up	Tower "A"	Sgt Dixon
	1000-1130	Physical Training	Gym	SSgt Williams
	1130-1300	Chow	NAS Galley	
	1300	Formation	Tower "A"	Sgt Dixon
	1300-1500	UCMJ/Legal	Bldg 738	GySgt Emerson
	1500-1530	Pro's/Con's	Bldg 738	Cpl Prater
	1530-1630	Counseling	Bldg 738	SSgt German
26 Feb	0730	Formation/ Uniform Inspection	Tower "A"	Sgt Dixon
Wednesday				
	0800-1000	Barracks Clean-Up	Tower "A"	Sgt Dixon
	1000-1130	Physical Training	Gym	SSgt Williams
	1130-1300	Chow	NAS Galley	
	1300	Formation	Tower "A"	Sgt Dixon
	1330-1630	Trng Coordinator	VFA-125 Hanger (MTU Section)	SSgt Garcia
27 Feb	0730	Formation/ Uniform Inspection	Tower "A"	Sgt Dixon
Thursday				
	0800-1000	Barracks Clean-Up	Tower "A"	Sgt Dixon
	1000-1130	Physical Training	Gym	SSgt Williams
	1130-1300	Chow	NAS Galley	
	1300	Formation	Tower "A"	Sgt Dixon
	1310-1500	Barracks Support	Tower "A"	Sgt Dixon
	1500-1630	Barracks Insp (Night Crew)	Tower "A"	Sgt Dixon
	1730	Field Day Formation	Tower "A"	Sgt Dixon
28 Feb	0730	Formation/ Uniform Inspection	Tower "A"	Sgt Dixon
Friday				
	0800-1000	Barracks Clean-Up	Tower "A"	Sgt Dixon
	1000-1130	Barracks Inspection	Tower "A"	SgtMaj
	1130-1300	Chow	NAS Galley	
	1300	Formation	Tower "A"	Sgt Dixon
	1310-1500	Physical Training	Gym	SSgt Williams
	1500-1630	Barracks Spt/ Freedom Walk Clean-Up	Tower "A" Bldg 700	Sgt Dixon

ENCLOSURE (1)

PT SCHEDULE

MONDAY DAILY 7 X 15 REPS

- | | |
|----------------------|-----------------------------------|
| 1. SIDE STRADDLE HOP | 5. ROWING EXERCISE |
| 2. BEND & REACH | 6. TRUNK TWIST |
| 3. BEND & THRUST | 7. PUSH UPS |
| 4. SQUAT BENDER | Form Squad in Column (3 mile run) |

TUESDAY DAILY 7 X 15 REPS

- | | |
|--------------------|-----------------------------------|
| 1. SQUAT STRETCH | 5. LEG SPREADER |
| 2. STAR JUMPERS | 6. MTN CLIMBERS |
| 3. TURN & BEND | 7. PUSH UPS |
| 4. LOWER AB CRUNCH | Form Squad in Column (Indian Run) |

WEDNESDAY DAILY 7 X 15 REPS

- | | |
|------------------|-----------------------------------|
| 1. KNEE BENDERS | 5. LEG SPREADER |
| 2. FLUTTER KICKS | 6. BACK BENDER |
| 3. BODY TWIST | 7. PUSH UPS |
| 4. SIDE BENDER | Form Squad in Column (3 mile run) |

THURSDAY DAILY 10 X 15 REPS

- | | |
|----------------------|-------------------------------------|
| 1. PUSH UPS | 6. BEND & THRUST |
| 2. FLUTTER KICKS | 7. MTN CLIMBERS |
| 3. LEG SPREADER | 8. PULL UPS |
| 4. SIDE STRADDLE HOP | 9. BICYCLE KICKS |
| 5. STAR JUMPERS | 10. FLUTTER KICKS |
| | Form Squad in Column (FartLick run) |

FRIDAY DAILY 12 X 15 REPS

- | | |
|--------------------|-----------------------------------|
| 1. LEG LIFTS | 7. MTN CLIMBERS |
| 2. ROWING EXERCISE | 8. BEND & THRUST |
| 3. CHERRY PICKERS | 9. STAR JUMPERS |
| 4. FLUTTER KICKS | 10. PUSH UPS |
| 5. KNEE BENDER | 11. BICYCLE KICKS |
| 6. BODY TWIST | 12. SIDE STRADDLE HOPS |
| | Form Squad in Column (3 mile run) |