

cadet life



No matter what your background, the cadet lifestyle is probably different from any in your experience. Individual dedication, sacrifice and stamina are vital to meet the mental, ethical and physical demands of daily living. You must organize your time and establish self-discipline. The Academy's military environment requires structure, rules and instructions to train you as a professional Air Force officer and leader.

michael r. shaw

Cadet Wing Commander, Fall 2010



C1C Shaw, the proud son of Joan and Richard Shaw, is the 2010 Fall Wing Commander of the United States Air Force Academy. The wing commander is responsible for directing and supporting the cadet wing consisting of 4,400 cadets. Cadet Shaw was born in Landenberg, Pa., and graduated from Salesianum School in Wilmington, Del. He is a management major, has secured a pilot slot, and aspires to become an Air Force fighter pilot, as well as attend graduate school. He is a licensed private pilot with more than 200 hours of flying time including 15 hours in MiG-21, L-29 and L-39 Soviet jets. He was named the Outstanding 3 Degree of Squadron 39, Outstanding Recognition Performer 2008, General Flag Bearer for COSAS Parade, Squadron 39 Superintendent and 4 degree Class Representative. He was one of four cadets selected for the Olmsted Grant program, a culture immersion program in China, where he assisted with school improvement initiatives for underprivileged children. His military training has consisted of Operation Air Force tours to Yokota Air Base in Japan, Moody Air Force Base in Georgia, and Ali Al Salem Air Base in Kuwait.

"The cadets of the United States Air Force Academy are the finest young men and women our nation has to offer. The Academy's mission is to develop these individuals into character-based officers, motivated to lead the United States Air Force in service to our nation. Upon acceptance, your limits will be tested, challenged, and ultimately redefined. Only then will you join a proud heritage, a tradition of honor, and a legacy of valor. Join our team, and be part of something great."

cadet schedule

You'll have four 55-minute class periods each morning and three each afternoon. Breakfast and lunch are mandatory formations, and after classes you'll join in mandatory athletic activities. Unless you're an intercollegiate athlete, you'll play on an intramural team two afternoons a week after classes. The other three afternoons you have squadron activities or discretionary time. Intercollegiate athletes usually practice or compete every afternoon and frequently on weekends too. Many cadets take additional academic instruction after classes or during other unscheduled times. You'll also spend many evenings studying in your room or in the library. You must be in your room at taps (the last bugle call before lights out). You'll frequently attend parades and inspections and perform military duties on Saturday mornings, but you're usually free Saturday afternoons and Sundays. Your fall and spring semesters last 17 weeks each, and the summer term lasts 10 weeks. Instead of a three-month summer break, you'll have three weeks. During the summer term, you'll take academic classes if necessary, or you may participate in one of various leadership and military training programs, depending on your class year. Many assignments include travel to Air Force bases, some of which are overseas. Some cadets stay at the Academy for summer flight training or to help train other cadets. Each year the new class enters in late June and begins an intense period of military training called Basic Cadet Training (BCT).

leaves and passes

You'll have limited time away from the Academy during your first year. During the first five weeks, while you're in BCT, you may not have visitors or receive phone calls. After Parent's Weekend, the restrictions relax somewhat. During your fourth-class year you may receive phone calls and have visitors on Saturday afternoons and evenings, as well as on Sunday mornings and afternoons. You may also invite friends to attend balls, concerts, and other live entertainment at the Academy. The athletic schedule provides many activities to enjoy with your friends. Your activity fee covers the cost of most events for you, and usually you may buy discount tickets for your friends.

After your first year, when you become an upper-class cadet, your privileges gradually increase. As a third-class cadet, you'll have limited chances to go into the local area; you'll have more during your second-class year, and as a first-class cadet, you must still attend scheduled military duties such as parades, training, inspections and football games.

When you're on a Friday or Saturday pass, you must return to the dormitory by 1:30 a.m. Your assigned squadron is

assessed twice each semester – the overall grade it receives will determine the number of passes you receive. Unsatisfactory performance in military training, academic studies or athletics restricts your free time; above-average work increases your free time.

Most cadets go to Colorado Springs during off-duty time. You may not own or maintain an automobile as a fourth- or third-class cadet, but you may rent one while on an authorized pass or privilege. Eligible second- and first-class cadets may own cars and keep them at the Academy. In most instances, you'll receive three weeks of summer leave (except during the summer you enter), approximately two weeks of winter holiday leave, and one week during the spring. You may receive emergency leave if an emergency involves a member of your immediate family. Other requests for special leave are considered individually.

recreation

Opportunities abound when you can relax briefly away from the demanding schedules, discipline, and restrictions of cadet life.

You may check out ski equipment and other recreation accessories from Cadet Recreation Supply in Vandenberg Hall for weekend outings. The Cadet Information, Tickets and Tours Office in Vandenberg Hall can help you book lodging and car rentals so you can get to the nearby ski areas. Transportation is also available from the Academy to airports in Denver and Colorado Springs during Thanksgiving, winter and spring breaks. The Cadet Recreation Lodge plus Lawrence Paul Pavilion, located just west of the cadet area, is available for squadron parties and picnics. Enjoy a fishing trip or picnic with friends at nearby Farish Memorial recreational area. Journey to a nearby resort area for fabulous skiing. Go on a weekend jaunt of sightseeing. Or just hike the hills and enjoy the scenery.

Even if you can't get away, Arnold Hall is near enough so upperclassmen can relax in the informal lounges and recreational areas. Arnie's food court, game rooms, a sports bar, nightly movie showings and live entertainment in the theater and lounges offer you chances to unwind, visit with friends, and share the good times. In the cadet sports areas you can hone your golf or tennis game, play touch football, jog and swim.

You'll quickly learn that recreation possibilities on and off the Academy are limited only by the time you have to participate.

extracurricular activities, cadet clubs and sponsor program

Voluntary cadet clubs and activities are available to develop your talents and interests outside the curriculum. Currently, there are over 80 extracurricular clubs and teams at the Academy. These clubs are run by cadets, for cadets, with oversight by officers and staff. While some of these clubs offer recreational releases, they all offer cadets the chance to engage in various competitive, professional and humanitarian projects.

Mission Support Clubs

Drum and Bugle Corps
Falconry
First Responders Team
Flying
Forensics
Honor Guard/Sabre Drill
Media (Yearbook and Video productions)
Soaring (Cross-Country and Aerobatic Teams)
Wings of Blue

Mission Clubs

Choirs: Catholic, Gospel, Jewish, Latter Day Saints,
Protestant, Protestant Praise Team
Chorale
RATTEX (Entertainment Technician)

Professional Clubs

AIAA (American Institute of Aeronautics and
Astronautics)
Astronomy and Physics

Biology (Tri Beta Honor Society)
Chemistry
Civil Engineering
Forum
French
Geosciences
History
IEEE (Institute of Electrical and Electronic Engineers)
International Club
Mechanics
Mock Trial
National Space Society, Student Chapter
Omega Rho Honor Society
Psychology
Russian
Sigma Gamma Tau (Aero Engineering Honor Society)
Tau Beta Pi (Engineering Honor Society)
Tri Beta

Competitive Teams

Cycling/Mountain Biking
Fast Pitch Softball, Women's
Handball, Men's Team
Lacrosse, Women's
Rugby (Men's and Women's)
Ski Racing (Alpine and Nordic)
Volleyball, Men's
Water Polo, Women's

Recreational Clubs

Academy Concerts
Aikido
Amateur Radio
Archery
Arnold Air Society
Aviation
Big Brother/Big Sister
Bluebards (Dramatics)
Bowling
Car
Chess
Colorado Leadership Alliance (CLA)
Explorers/Scouting
Equestrian
Fitness/Power Lifting
Fly Fishing
Hunting

Ice Hockey
Judo
Karate
Karate, Traditional
Los Padrinos (Hispanic)
Marathon
Model Engineering
Mountaineering
Ninjutsu
Pacific Rim
Paintball
Pistol/Combat
Pistol/Collegiate
Prior Enlisted Council
Racquetball
Rodeo
Scuba
Show Choir (Singing/Dancing)
Ski Club
Squash
Trap and Skeet
Triathlon
Tuskegee Airmen
Ultimate Frisbee
Wargaming
Way of Life (African American)

Community service is an integral part of life at the Air Force Academy. Volunteer community service allows cadets to become involved with the local community. By volunteering, cadets come to understand one of the Air Force's Core Values of "service before self." Through community service, you will learn to empathize and show respect to and for others; two critical ingredients in the professional military character.

Community service activities are accomplished through our Cadet Service Learning Program (CSL). CSL helps cadets develop their leadership and organizational abilities while enhancing their sense of responsibility to others by giving of their free time to meet community needs. Our community service program continually seeks out service opportunities in the local area and then makes these opportunities available to cadets who choose this avenue for personal development.

sponsor program

The sponsor program matches fourth-class cadets with a "sponsor family" in the local area. Sponsors provide a home away from home for cadets, and many keep in touch long after they have graduated from the Academy.

counseling and advising

Many sources provide counseling to help you adjust to your new lifestyle and develop as a professional officer. You may visit them whether you simply want someone to talk to or need more complete guidance.

As of February 1, 2009, the Academy Counseling Center (ACC) was officially renamed the Peak Performance Center (PPC). This name change portrays a more accurate explanation of the wide spectrum of services offered to cadets. In addition to counseling services, the PPC offers time management skills, strategies for relationship difficulties, biofeedback training (for mind-body systems improvement), sleep enhancement, overcoming air sickness, skills for eliminating anxiety/depression, and other services aimed at helping cadets achieve their maximum potential. The internationally accredited center is comprised of a staff of licensed masters- or doctoral-level behavioral health providers. The PPC offers individual and group counseling to increase military, academic, social and physical performance.

Air Officers Commanding (AOC) are responsible for the health, morale, and welfare of his/her squadron. They continually review your progress and are the primary points of contact between your parents and the Academy.

Academy Military Trainer (AMT) NCOs complement the AOC in providing daily support to all cadets.

Squadron Faculty Officers advise you in academic areas and help you with problems of academic deficiency or probation. Instructors help you in academic course work, as well as in selecting major academic fields and developing officer skills.

Academic Advisors help you gain the most satisfaction from cadet life and attain the highest degree of academic success in your courses. Personnel in Curriculum and Scheduling Services advise you on course selection and scheduling, academic majors and postgraduate scholarship opportunities.

Officers and Noncommissioned Officers (NCO) in the Cadet Personnel Office help you select your initial Air Force career field. They also advise you of personnel programs and policies, which may affect your career goals.

First-Class Cadets, serving as cadet officers, play a major role in guiding you. They provide much of the training and athletic supervision within each squadron and help in tutoring. Members of the Way of Life Committee and Los Padrinos Club also offer support.

The **PEER** (Personal Ethics and Education Representative) program is a volunteer cadet-run program. Each cadet squadron has two PEERs assigned who are trained to be a referral source to cadets in need of help.

A Jewish Rabbi, Catholic Priests, Muslim Chaplain and Protestant Ministers offer counseling in personal, moral and spiritual matters. The Mental Health Clinic, under the command surgeon, offers complete psychiatric service.

religious activities

The Academy Cadet Chapel is an architectural wonder recognized around the world and is Colorado's most visited man-made attraction. Designed by architect Walter Netsch, the cadet chapel was declared a U.S. National Historic Landmark in 2004. Our cadet chapel is selectively staffed by the chief of chaplains to develop leaders of character for the United States Air Force and the nation. Academy staff chaplains promote spiritual fitness for cadets and personnel who most closely interact with them through worship, religious education, retreats, music programs, community service projects and counseling. While the chaplains ascribe to various faith traditions, they serve to provide spiritual care and facilitate the free exercise of religion for all military members who choose to participate in chapel services, regardless of religious preference. Chaplains advise leadership regarding issues of religious respect and accommodation and maintain absolute confidentiality offering cadets and permanent party military personnel the privilege of discussing personal matters with a chaplain without chain of command notification. A cadet chaplain is assigned to each of the four cadet groups.

legal service

The Academy's professional legal staff may provide you confidential advice, help you prepare legal documents, or advise you on legal problems, but they can't represent you in a civilian court.

cadet benefits

You'll receive full tuition, room and board, medical care and monthly pay. The pay covers the cost of uniforms, books and supplies, with a modest amount left for personal spending and a savings account. You'll purchase uniforms and meet other initial expenses with these savings when you graduate. You may receive an interest-free loan to cover an emergency situation if necessary. You may participate in a government-sponsored life insurance program, Servicemembers Group Life Insurance (SGLI), which provides term life insurance from \$10,000 to \$400,000 in \$10,000 increments. You may deduct the fee from your monthly pay and carry the policy forward after graduation.

medical care

You'll receive outpatient medical treatment, physical examinations, and routine dental care in the cadet clinic located in Fairchild Hall in the cadet area proper. After-hours medical and dental care will be provided at the nearby 24-hour Acute Care Clinic (ACC). The ACC is located at the Air Force Academy Medical Treatment Facility which is served by the 10th Medical Group. If you experience a medical emergency which might lead to loss of life, limb or eyesight, call 911, and you'll be transported to the nearest local emergency care facility. The 10th Medical Group will coordinate any necessary overnight care in a manner that supports ongoing academic studies when possible.

cadet uniforms

You'll wear various uniforms depending upon the occasion and the weather. Men wear a light blue shirt and navy blue pants during the academic year. Women wear the same uniform with a skirt as an option instead of pants. You'll be able to wear a jacket in cool weather and a parka in cold weather. For dress occasions, you'll wear a blue uniform, with a skirt or slacks matching the jacket for women and trousers for men. Other uniforms are the mess dress for formal or social functions, parade dress for formal ceremonies, Airman battle uniform (ABU) for field training, flight suits for flying activities, and athletic uniforms.

First-, second- and third-class cadets may wear civilian clothes when on leave and weekend privileges. Fourth-class cadets are not permitted to wear civilian clothing until approved by the commandant.

graduation week

Graduation completes an extremely challenging program. After testing your character, as well as your intellectual, physical and leadership abilities, you're ready to serve your country.

During the week before graduation, the Academy honors your class with parades, socials and other events. The week has special significance for members of all classes as they look forward to new opportunities in the coming year.

Several award ceremonies highlight the week by recognizing individual cadets and cadet units, which have achieved scholastic, military and athletic honors. Baccalaureate exercises, the graduation parade, and finally, the graduation exercises wrap up graduation week and your years at the Academy. Proud families and friends share the excitement and sense of accomplishment with you. You'll hear a distinguished guest speaker, receive your Bachelor of Science degree, and take the oath of office for your commission in the Air Force. The years you spent, which sometimes seemed long and difficult, may already seem short and memorable.

The Academy's military training, academics, athletics, and chances to develop character prepare you to be a professional officer who can lead tomorrow's Air Force.

life after the academy

Careers

As the 21st century begins, a challenging career faces the Air Force officer. Technological advances, increased demands for innovative resource management, and the continuing pledge to guard and defend our national goals—these are the challenges you will face.

Your assignment following graduation will relate directly to your Academy training and the needs of the Air Force. No matter what field you enter, you'll be an Air Force officer! That's why we seek men and women who are devoted to their country, to developing their skills as leaders of character, and to serving in the United States Air Force.

Discover The Opportunities

You can do nothing of real or lasting value without dedication and commitment. After the Academy, graduates are set on individual paths where the number of experiences is immeasurable.

physical education & fitness



physical education and fitness testing program

As an integral part of the core curriculum, every cadet is required to take a total of ten 0.5 semester hour physical education courses. The Physical Education Department requires that each cadet take the six core courses, two core electives and two open electives. The course offerings are divided between six disciplines (see physical education curriculum chart).

It is important to note that the core classes, such as water survival, are not chosen in an arbitrary way or as a rite of passage. Rather, all of the required core courses are specifically chosen for their value to officer development and their usefulness to a military career.

To fulfill the physical education (PE) requirements, every cadet takes a minimum of 1.0 semester hour of PE courses in each of his or her four academic years. Additionally, participation in intramurals, limited on-season mission clubs or intercollegiate athletics is required in each of the eight academic semesters. Cadets are also required to successfully complete both the Aerobic Fitness Test (AFT) and the Physical Fitness Test (PFT) each semester of your cadet career. Athletic proficiency for graduation is demonstrated by meeting the minimum standard of a 2.00 cumulative Physical Education Average (PEA). PEA is a weighted 4.0 grading scale (50% PFT + 35% PE courses +15% AFT).

dr. hans j. mueh

Director of Academy Athletics



Dr. Hans J. Mueh, retired Air Force brigadier general, graduated from the United States Air Force Academy with the Class of 1966 where he earned a Bachelor of Science in chemistry and lettered in soccer. Following graduation, Dr. Mueh served as an intelligence officer in both Thailand and Vietnam. He later earned both a Master's and a Ph.D. in chemistry from the University of Wisconsin. During his distinguished career he served as an associate professor, tenure professor, permanent professor and Head of the Department of Chemistry and Vice Dean of the Faculty at the Air Force Academy. Dr. Mueh became the ninth director of academy athletics in August 2004.

"Athletic competition tests an individual's ability to operate under stress, against adversity, and as a selfless member of a team. The stresses encountered in highly competitive athletic contests are very similar to those encountered in combat. It is critically important to ensure that the leaders of tomorrow are prepared for diverse and challenging situations. The directorate of athletics staff is committed to producing the best officers possible for tomorrow's Air Force. Every cadet is challenged physically and mentally to develop the skills and abilities critical to being an aggressive team player with the will to win."

"Never give in. Never, never, never, never! Never yield in any way great or small, except to convictions of honor and good sense. Never yield to force and the apparently overwhelming might of the enemy."

—Sir Winston Churchill

physical education curriculum

	CORE(6)	CORE ELECTIVES (2)	OPEN ELECTIVES (2)
Combatives	Boxing (male) Self-Defense (female) Unarmed Combat I Unarmed Combat II		
Developmental	Physical Development		
Aquatics	Swimming Water Survival		SCUBA
Team		Basketball Soccer Softball Volleyball	2nd Team Basketball Soccer Softball Volleyball
Lifetime		Golf Racquetball Rock Climbing Tennis	2nd Lifetime Golf Racquetball Rock Climbing Tennis
Academic			Exercise Physiology* Art & Science of Coaching* Independent Research*

*Forty lesson, 3.0 semester hour academic elective courses. These courses do not count towards completing the physical education core curriculum.

The Fitness Testing Program serves many purposes including:

- Promoting maximum fitness among the cadet wing.
- Developing a foundation for a lifetime of fitness.
- Recognizing cadets who excel in maintaining their personal fitness.

The PFT and AFT test standards are as follows:

Physical Fitness Test

Event	Men		Women	
	Mean	Max	Mean	Max
Pull-ups	12	21	3	8
Standing Long Jump	7'07"	8'0"	6'03"	7'02"
Crunches	71	95	71	95
Push-ups	48	72	29	48
600-yard Run	1:53	1:35	2:12	1:53

Aerobic Fitness Test

Event	Men		Women	
	Mean	Max	Mean	Max
1.5 Mile Run	11:15	7:45	13:31	8:55

Those members of the cadet wing who achieve the maximum point total on either the PFT or AFT belong to the prestigious "500 Club." Those few cadets who maximize their scores on both fitness tests belong to the exclusive "1000 Club."

intramural program

“Every cadet is an athlete, but not every athlete is a cadet.”

–Colonel John J. Clune
USAFA Director of Athletics
1975-1991

In following the service academy tradition that every cadet is an athlete, it is mandatory for all members of the cadet wing to participate either in intercollegiate athletics or in the intramural program. The intramural program not only provides cadets with an enjoyable way to exercise, it is also one of the best leadership opportunities the Air Force Academy has to offer. With more than 3,000 cadets participating each season among 90 contests every afternoon, this cadet-run program generates nearly 1,000 additional leadership positions each year. These positions include coaching, officiating and administrative duties. Intramural athletes compete or practice at least twice a week in a variety of sports during each season of competition.

The sports offered are:

Fall Intramurals:

Basketball
Boxing (Men's)
Flag Football (Men's & Women's)
Flicker Ball
Mountain Biking
Soccer
Tennis (Singles/Doubles)
Wally Ball

Spring Intramurals:

Cross Country
Racquetball
Rugby
Soccer
Softball
Team Handball
Volleyball

The main purpose of the intramural program is to emphasize team before self. The competition is centered on the cadet squadron, with squadron success, not individual accomplishment as the ultimate goal.

For those who are up to the challenge, the Air Force Academy offers an expansive intercollegiate program. The 27 men's and women's sports sponsored by the Academy include:

Men's Intercollegiate Athletics

Fall

Cheerleading
Cross Country
Football
Soccer
Water Polo

Winter

Basketball
Boxing
Cheerleading
Fencing
Gymnastics
Ice Hockey
Rifle
Swimming & Diving
Wrestling
Indoor Track and Field

Spring

Baseball
Cheerleading
Lacrosse
Outdoor Track and Field
Tennis
Golf

Women's Intercollegiate Athletics

Fall

Cheerleading
Cross Country
Volleyball
Soccer

Winter

Basketball
Cheerleading
Fencing
Gymnastics
Indoor Track and Field
Rifle
Swimming & Diving

Spring

Cheerleading
Outdoor Track and Field
Tennis

"I'm a lucky man... I'm no hero... Things just worked out. I'd been in situations like that in Falcon Stadium."

–Captain Scott Thomas,
F-16 pilot in Operation Desert Storm and Falcon Football Alumnus

The men and women compete in Division I of the NCAA. Most sports are members of the Mountain West Conference comprised of Air Force, Boise State, Brigham Young University, Colorado State University, New Mexico, San Diego State, Texas Christian University, University of Nevada Las Vegas, Utah and Wyoming. In the past 33 years, the football team has claimed the Commander-in-Chief's trophy 16 times.

Some other intercollegiate highlights include:

Academics and Athletics

- Cadet athletes have earned 66 NCAA post-graduate scholarships, the second most nationally in Division I athletics.
- Cadet athletes have earned 11 Rhodes Scholarships, the most recent being Brittany Morreale in 2009 (cross country).
- The football team has won 13 National Football Foundation and College Hall of Fame scholarships.
- Cadet athletes have earned more than \$300,000 in post-graduate scholarships in the last 15 years.
- Air Force has had six athletes inducted into the Academic All-American Hall of Fame, more than any other school in the country. Athletes inducted include: Brock Strom (football), Rich Mayo (football), Michelle Johnson (women's basketball), Chad Hennings (football), Chris Howard (football) and Lance Pilch (baseball).
- The women's cross country team earned NCAA Academic All-American team honors in 2001, 2002, 2003, 2004 and 2006.
- 88 athletes have earned Academic All-Mountain West Conference honors since the fall of 2003.
- Collectively, 167 cadet athletes have earned CoSIDA and Coaches Academic All-American honors a total of 241 times.

Inside the Numbers

- The Academy has produced 169 individual national champions; the most recent being fencer Seth Kelsey in the epee in 2003 and track and field star Dana Pounds in the javelin in 2005 and 2006.
- The Academy has had 578 individual athletes achieve athletic All-American status a total of 1,247 times. Over 184 individuals have earned NCBA All-American honors in boxing a total of 274 times since 1979, including 99 national champions.
- The Academy has produced five consensus football All-Americans. They include: Brock Strom (1959), Ernie Jennings (1970), Scott Thomas (1985), Chad Hennings (1987) and Carlton McDonald (1992).
- Chad Hennings was inducted into the College Football Hall of Fame in 2006, joining Brock Strom from the Academy.
- Women's swimming has produced 70 individual All-Americans a total of 404 times in both Division I and II competition since 1970.
- Men's swimmer Chris Knaute has won nine MWC titles which is tied for the most by an athlete in the conference's history.

Team Accomplishments

- The Air Force football team posted an 8-5 overall record in 2009 and finished fourth in the Mountain West Conference with a 5-3 mark and was selected to the play in the Armed Forces Bowl for a third straight year. The team posted eight or more victories three straight seasons for just the third time in school history. They capped the season with a 47-20 victory over 25th-ranked Houston in the Armed Forces Bowl.
- The women's cross country team finished 4th at the Mountain West Conference championships, its best finish since 2004.
- The water polo team finished the season ranked 17th nationally marking the 23rd time in the last 24 years the team has finished the season nationally ranked.
- The ice hockey team won three straight Atlantic Hockey Association tournament titles from 2007-09, including the regular season championship in 2009, to earn its first NCAA championship appearances in school history. The Falcons advanced to the Elite Eight in 2009, just one game away from the Frozen Four.
- The wrestling team placed 2nd at the 2008 NCAA West Regional, its best finish at the NCAA qualifier since 2003.
- Wrestler Kevin Hoy earned All-American honors while posting a runner-up finish in the heavyweight division at the NCAA championships.
- The boxing team earned 6 consecutive National Collegiate Boxing Association national championships from 1999-2004 and has finished lower than 2nd just once in 28 years.

- Women's tennis won 5 consecutive Gideon Cup titles (dual meet vs. service academy rival Army) from 2000-04.
- Men's basketball won its 1st conference championship in 2004, finishing 12-2 in conference play after being picked to finish 8th. The team won a then-school record 22 games and advanced to its first NCAA tournament in 42 years. Then head coach Joe Scott was named coach of the year while sophomore center Nick Welch earned co-conference player of the year honors, becoming the 1st men's basketball player ever to earn the award. The men's basketball team earned its 2nd NCAA tournament appearance in three years in 2006, finishing 2nd in the conference and posting a then-record 24 wins. The following season, the team finished 3rd in the conference and advanced to the National Invitational Tournament. After winning 3 straight NIT home games, the team advanced to the NIT Final Four and ended the season with a school record 26 wins.
- The fencing team has sent 40 individuals to the NCAA fencing championships over a 15-year period.
- Men's golf has won 12 consecutive Service Academy Classic tournaments, a military academy tournament between Army, Navy and Air Force.

Individual Accomplishments

- Football player Chad Hall was named the Mountain West Conference's Offensive Player of the Year and earned third-team All-American honors.
- Cross Country runner Brittany Morreale was awarded one of 32 Rhodes Scholarships for 2009-10, becoming the 11th Air Force athlete to earn the honor.
- Sophomore running back Asher Clark was named the Air Force Armed Forces Bowl most valuable player as the Falcons defeated Houston, 47-20, to win the bowl game. Clark rushed for 129 yards and 2 touchdowns to earn the honor.
- Senior hockey player Matt Fairchild was honored with an NCAA Sportsmanship Award in 2009 for his unselfish act of giving his conference tournament MVP honor to a teammate, who he felt deserved the award.
- Volleyball player Carolina Kurtz was named to ESPN the Magazine/CoSIDA Academic all-district 3rd team in 2009.
- Water polo coach Jeff Ehrlich earned Western Water Polo Association (WWPA) coach of the year honors in 2009. Freshman Cruz Smithson earned WWPA newcomer of the year while Alex Churnside was an honorable mention All-American.
- Senior Abigail Rogers was named the 2008-09 Mountain West Conference Female Student-Athlete of the Year, the highest honor the conference issues each year. Rogers is the 5th Falcon to earn the male or female award. She joins John Dayton (swimming, 2002-03), Matt Karmondy (swimming, 2005-06), Delavane Diaz (volleyball, 2003-04) and Blair Leake (swimming, 2006-07) as Air Force athletes to earn the honor.
- Senior soccer player Roni Yadlin earned a Sportswoman of Colorado Award and also earned CoSIDA all-district honors for her efforts on and off the field in 2008. She also earned a post-graduate scholarship to Oxford.
- Women's gymnast Abbey Rogers was named gymnast of the year by the Mountain Pacific Sports Federation in 2008 and co-gymnast of the year in 2009. She is the first-ever Falcon to earn the award.
- In 2008, Bridgett Murphy became the 1st women's soccer player since 2001 to garner all-Mountain West Conference honors as a freshman.
- Football player Ryan Harrison was a semifinalist for the 2008 Lou Groza National Placekicker Award.
- Former tennis player Shannon Buck, class of 2006, was named to the Mountain West Conference's 10th Anniversary Team in the spring of 2009.
- Men's swimmer Chris Knaute (class of 2007) and women's diver Sarah Law (class of 2003) were both named to the Mountain West Conference 10th Anniversary team.
- Sophomore Peter French was named the Mountain West Conference Hal Rothman Sportsmanship Award recipient for 2007-08. The award is given annually to the athlete distinguishing themselves through sportsmanship and ethical behavior.
- Kenny Grosselin, a 2008 graduate of the Air Force Academy, was named to the 2008 ESPN The Magazine Academic All-America® Men's Track and Field/Cross Country First-Team, as selected by the College Sports Information Directors of America (CoSIDA). Grosselin also earned an NCAA postgraduate scholarship.
- In 2008, Air Force sophomore Nick Frawley became the 21st outdoor All-American in Air Force track and field history, he tied for 2nd in pole vault at the NCAA Championships. Frawley claimed the 1st All-America certificate of his young career after clearing a height of 17'2¾" in the finals.
- Senior wrestler Jake Kriegbaum was named outstanding wrestler at the 2008 West Regional, knocking off nationally ranked competitors en route to the individual title at 141 pounds.
- Men's basketball player Tim Anderson was named the Mountain West Conference's defensive player of the year in 2008. He is the 1st Falcon to ever win the award.
- Track and field coach Ralph Lindeman was named MWC coach of the year in 2001, 2003, 2004 and 2008. He also served as a coach on the 2004 Olympic track and field team.
- Sophomore diver Kyle Van Valkenburg won the individual title in platform diving at the 2008 and 2009 MWC championships.

- Wrestling coach Joel Sharratt, in just his 2nd year at the helm, was named Western Wrestling Conference coach of the year after leading the Falcons to a 2nd place finish at the NCAA West Regional in 2008.
- Men's gymnast Greg Stine became the 1st two-time NCAA All-American in Academy history in 2008 by earning honors in the all-around and still rings.
- Men's swimming coach Rob Clayton was named MWC coach of the year in 2007 after leading the Falcons to a 3rd place conference finish.
- Football player Chad Hall was named Mountain West Conference offensive player of the year in 2007 and was a third-team All-American selection by Rivals.com. Hall set school records for rushing yards in a game and all-purpose yards in a game, season and career.
- Head football coach Troy Calhoun was named Mountain West Conference coach of the year in 2007. He was also named the Region 5 coach of the year by the American Football Coaches Association and was one of 8 finalists for the national coach of the year award.
- Men's swimmer Chris Knaute earned the 2007 Mountain West Conference male swimmer of the year award. The honor was the 2nd of Knaute's career, as he also won it as a sophomore in 2005. He also received the MWC senior recognition award. Chris closed his Air Force career with 9 individual MWC titles.
- Junior hockey player Eric Ehn was a second-team All-American selection in 2007 while leading the Falcons to their 1st NCAA tournament appearance in school history. Ehn became the 1st player in school history to become 1 of 3 finalists for the Hobey Baker Award, given annually to the top player in the nation.
- Junior fencer Eliza Enyart became the 1st Academy women's fencer to earn NCAA All-American honorable mention honors in 2006-07. She was the West Regional champion and qualified for the NCAA tournament, where she placed 11th. She also qualified in 2007.
- Baseball player Karl Bolt was selected in the 15th round by the Philadelphia Phillies in the Major League Baseball draft in 2007. He is the 4th Falcon to be selected in the MLB draft.
- Olivia Korte set a school record in the shot put while earning all-MWC honors in 2005, 2006 and 2007 and All-American honors in 2006. She holds 3 Academy records.
- Women's swimmer Blair Leake was named the MWC female scholar-athlete of the year in 2007. She also won an NCAA Post-Graduate scholarship.
- Women's gymnastics coach Doug Day was named NCAA North Central Regional coach of the year in 2008.
- Men's gymnastics coach Kip Simons was named the NCAA West Region coach of the year and USAG coach of the year in 2008.
- Boxer Willie Lloyd became just the 11th boxer to claim four straight Wing Open titles in 2007 in the 49-year history of the Academy boxing program.
- Air Force's 2007 sprint medley relay team of Kellen Curry, Travis Picou, Nick Luina and Kevin Hawkins broke a 41-year-old Academy track and field record, which was the longest standing sports record in school history. In addition, Picou crushed a 23-year-old mark in the 60-meter hurdles. Sara Neubauer and Olivia Korte, between them, broke the school's 23-year-old shot put record 3 times in 2007.
- Men's tennis player Shannon Buck advanced to the NCAA singles championship tournament in 2006 after a 25-2 season record and conference player of the year honor. Buck defeated the No. 3-ranked player in the country during the regular season and finished his career with a 65-5 singles mark, a 91 percent winning mark.
- Track and field's Dana Pounds became the Academy's first female Division I individual All-American in 2004, earning the honor in the javelin. Pounds repeated with All-American honors in 2005 and 2006. She became the 1st female NCAA national champion in school history in the javelin in 2005. She repeated in 2006 becoming the 1st back-to-back NCAA champ in school history. Pounds was named NCAA Woman of the Year for Colorado in 2005 and 2006, becoming the 1st two-time winner in Academy history. In 2007, while a member of the Air Force's World Class Athlete program, Pounds became the American champion in the javelin.

If you want to be a part of the athletic tradition at the Air Force Academy, write to the coach of your sport at:

HQ USAFA/AD
 2168 Field House Drive, Suite 409
 USAF Academy, Colorado 80840-9500

"On the fields of friendly strife are sown the seeds that on other fields on other days bear the fruits of victory."
 –General MacArthur

facilities

The athletic facilities at the Air Force Academy are some of the finest in the nation. The athletic complex includes the cadet gymnasium, the cadet field house, the Falcon Athletic Center and 150 acres of outdoor athletic fields.

The five-level cadet gymnasium is the standard by which other collegiate athletic complexes are judged. Among the facilities found within the gym are:

- Three basketball gyms that contain 10 practice and three regulation-size courts.
- Four indoor tennis courts with indirect lighting and permanent seating for 380 spectators.
- An Olympic-size swimming pool with one- and three-meter boards with five- and ten-meter platforms and permanent seating for 1,200 spectators.
- A water-polo pool measuring 60 feet by 125 feet by 7 feet deep.
- Three squash and 19 racquetball/handball courts.
- Two weight-training rooms, each 10,000 square feet or more with state-of-the-art equipment. One training room contains a 30-yard rubberized sprint track.
- The east gym is used for wrestling matches with seating for 1,000 spectators and physical education classes.
- The center gym is used for basketball practices and physical education classes.
- The west gym houses the fencing and gymnastics programs.
- One 3,325-square-foot training room and a Human Performance Laboratory complete with hydrostatic weighing equipment, sports psychology and vision-testing capabilities, and aerobic testing equipment.

The cadet field house, located across the street from the gymnasium and next to the Falcon Athletic Center, is equally impressive with:

- A 300 yard, six-lane Tartan surface indoor track with seating for 925.
- A synthetic turf playing field used for inclement weather football, lacrosse, soccer and baseball practice.
- An ice hockey arena with seating for 2,502.
- A 5,900-seat basketball/volleyball arena, (Clune Arena), dedicated on December 6, 1993, in honor of past Director of Athletics Colonel John J. Clune.

The Falcon Athletic Center, a 120,000 square-foot athletic and administrative complex, was completed in 2003. The facility is located between the cadet gym and the cadet field house and includes the following facilities:

- A 23,000 square foot, Astroturf weight room with a four-lane Astroturf 40-yard sprint track.
- Equipment management office/storage area.
- A combined sports-medicine area that includes offices, taping and treatment, rehabilitation and hydrotherapy, rehabilitation and health maintenance to all cadets, singular programs for each individual, individual counseling, team building, and sports specific programs.
- State-of-the-art team meeting rooms along with a 250-seat auditorium.
- The "Hall of Excellence" which includes athletic and leadership accomplishments by graduates in the areas of intercollegiate athletics, intramurals and physical education.
- The Directorate of Athletics administration offices house the Director of Athletics and his staff and a new ticket office.

The outdoor playing fields and facilities are a fine complement to the Academy with:

- The 46,156-seat Falcon Stadium, home to the Air Force Falcon football team.
- The Eisenhower Golf Course that includes two championship par 72, 18-hole courses.
- A soccer stadium that seats 800.
- An intercollegiate baseball diamond with a synthetic turf infield and seating for 600.
- 30 outdoor tennis courts (12 for intercollegiate competition), six outdoor team handball courts and six outdoor basketball courts.
- A track and field facility complete with a 400-meter Tartan surface track and 1,500-seat bleacher section for spectators.
- 150 acres of practice and intramural fields including up to 16 football fields (one Astroturf and two under lights), two rugby fields and 22 soccer fields.

Overall, the athletic facilities at the Air Force Academy are as fine as any school anywhere. When you are a cadet at the Academy, your opportunities to better yourself physically are never limited by resources, but only by your will.

PHYSICAL EDUCATION (Phy Ed)

Offered by the Department of Physical Education under the Director of Athletics.

Phy Ed 100. Basic Physical Training. Preparation for strenuous physical education and athletics by development of physical strength, endurance, agility and coordination through conditioning exercises, sports competition, and the physical-fitness and aerobics tests. Special training in conditioning as needed.

Phy Ed 110. Boxing (Males Only). Taught to fourth-class male cadets in order to develop an understanding of the physiological and psychological aspects of boxing. In addition to physical conditioning, boxing will also develop and intensify the military leadership attributes of quick reaction, coordination, accurate timing, cool judgment, aggressiveness and determination. Boxing quickly acclimates the mind and body to adapt and overcome stress and fear which is a trait that is absolutely essential to fighting men. Teaches the ability to keep calm and poised under pressure, thus developing emotional control. Calmness under pressure can mean the difference between a right or wrong decision. Course includes eight lessons of skills to develop self-confidence, with safety, rules and scoring emphasized prior to the graded review lessons.

Phy Ed 111. Swimming. An individual sport that teaches cadets how to swim a variety of strokes and skills and to aid in learning to handle themselves in a swimming emergency. Class provides sufficient aerobic and anaerobic activity and stroke skills so an individual is able to maintain and improve physical fitness in an aquatic environment as a cadet and officer. Students are graded on stroke skills, a timed 250-yard or -meter swim, underwater swim, 5-meter scenario, treading water and drown proofing.

Phy Ed 112. Physical Development. Primary purpose of this course is to teach the basic information necessary to design effective training programs so that cadets can meet cadet athletic graduation standards and maintain a good level of fitness while a cadet, later as an officer, and throughout their lifespan. Class specificity provides the information necessary to perform at an acceptable level on the Aerobic Fitness and the Physical Fitness Tests. Students are graded on a written exam (40 points), technique demonstrated on eight exercises (40 points), an exercise logbook (10 points) and 10 instructor points.

Phy Ed 114. Self Defense (Females Only). Taught to all female fourth-class cadets at the Academy to develop an understanding of the physiological and psychological aspects of self-defense. In addition to the physical aspects of self-defense, female cadets are lectured on the sexual awareness involved with rape and date rape. Female cadets are taught how to be aware of their environmental surroundings, avoid dangerous situations and to be assertive if necessary due to an unwanted confrontation. The value of self-defense is not only the physical skills that are acquired, but also the acclimation of the body and mind in adapting and overcoming a fearful and stressful situation. Course teaches the cadet to think and react under pressure and develops self-confidence, courage, stamina and agility, all necessary characteristics of a strong military presence. Cadets are taught how to fall to the ground in an attack situation or running from an assailant. Defensive techniques including kicking and striking are taught, as well as specific defenses against common attacks such as a one or two hand wrist grab, lapel grab, rear choke, rear bear hug, rear hammerlock and full nelson.

Phy Ed 119. Basic Swimming I. Course is designed for cadets with little previous exposure to aquatics or those needing work on specific swimming endurance. Because these cadets typically need more time to acclimate to swimming, the course is 16 lessons. Entry into the class is determined by a student's aquatic ability assessment, a 250-yard timed swim and input from aquatics instructors. The first eight lessons focus largely on technique. The final eight lessons focus on building swimming endurance with continued work on technique. Cadets are introduced to survival skills in preparation for the 200 level aquatics course. Cadets are encouraged to move on to regular water survival. However, more typically, they move on to Basic Water Survival for their 200 level aquatics. Replaces Phy Ed 111 if required.

Phy Ed 152. Intercollegiate Sports. Fall or spring.

Phy Ed 211. Basic Water Survival. Course continues the development of the basic swimmer and teaches basic aquatic survival skills that last a lifetime. These survival methods serve officers well throughout their careers. Class provides sufficient aerobic and anaerobic activities that challenge the cadets to maintain an above average level of fitness while having fun through aquatics. Cadets learn to save their own lives and assist others in a water emergency, survive in the water for long periods, and build confidence to swim long distances. Cadets experience situations that develop self-confidence, emotional control, persistence and courage. A variety of skills challenge cadets to move beyond their current skill and comfort levels. Cadets are evaluated in each one of the skills taught throughout the course. Replaces Phy Ed 222.

Phy Ed 215. Unarmed Combat I. Introduces students to basic self-defense. Students are taught a combination of various

self-defense techniques from the standing position to use in attack situations. Students are taught to defend themselves using full-resistance techniques from a standing position incorporating hand strikes, kicks and throws. Students are put in pressure situations to apply class techniques to defend themselves. Students are tested in an attack situation to evaluate their ability to protect themselves.

Phy Ed 219. Basic Swimming II. Replaces Phy Ed 211 if required.

Phy Ed 222. Water Survival. Introduction to basic personal water survival skills and lifesaving techniques. Primary objective is to learn personal water survival skills needed in a water emergency. Secondary objective is to learn basic lifesaving skills to assist someone else involved in a water emergency. Work to increase cardiovascular and muscular endurance is also part of the course.

Phy Ed 252. Intercollegiate Sports. Fall or spring.

Phy Ed 315. Unarmed Combat II. Introduces basic unarmed offensive and defensive, grappling, choking and joint locking skills. Includes full-resistance submission grappling designed to instill confidence, the ability to think and react quickly under pressure, and the ability to defend oneself in a hand-to-hand combat situation. Students are expected to demonstrate the aggressive mind set, mental toughness and warrior spirit required to survive and prevail in an unarmed combat situation.

Phy Ed 340. Racquetball. Class is designed to introduce the essential fundamentals of racquetball including the introductory skills and rules of the game. It offers the opportunity for students to develop a lifetime sport that can be used to stay physically fit and provides a recreational sport to play during intramural competition and throughout their Air Force careers.

Phy Ed 341. Tennis. An individual sport that teaches cadets the fundamentals of tennis so that they will achieve sufficient skills to participate in a game while a cadet, later as an officer, and throughout their life. Cadets will learn and be tested on the forehand, backhand and the serve. Their physical fitness will be maintained and improved through drills and match play. Single and doubles match play will be evaluated and graded. Each cadet will learn enough about the game so that he or she will have a newfound appreciation for the sport and be able to appreciate the game.

Phy Ed 342. Golf. Introduces the sport of golf and is designed to give students confidence by teaching the fundamental golf mechanics through repetitive drill techniques. Emphasizes skills improvement and understanding, a respect for the game of golf, its traditions, rules and etiquette. Basic golf swing technique demonstration and practice of putting, short irons, long irons, proper setup and grip are the foundation of the course. Emphasizes the need for practice discipline and mental concentration.

Phy Ed 343. Rock Climbing. Class is designed to introduce the essential fundamentals of rock climbing. It offers the opportunity for students to develop a lifetime sport that can be used to stay physically fit throughout their careers. The class develops strength, flexibility, agility, problem solving, emotional control, and physical and mental toughness. Using an indoor climbing wall, cadets are taught skills such as use and care of climbing equipment, knots, top roping, bouldering, belaying and safety.

Phy Ed 352. Intercollegiate Sports. Fall or spring.

Phy Ed Aca 440. Exercise Physiology. The study of body functions before, during and after an exercise session. Class also looks at the short-term and long-term changes that result from exercise training. Includes both academic classes and laboratory experiences where the students learn about their body composition, strength, anaerobic power and aerobic capacity.

Phy Ed 452. Intercollegiate Sports. Fall or spring.

Phy Ed Aca 460. Art and Science of Coaching. An integrated course—applying organizational management, sports law, leadership and motivation, sports psychology, ethics and philosophy, exercise physiology, nutrition and physical principles of motion to the world of college coaching.

Phy Ed 477. Independent Exercise. Fall or spring.

Phy Ed 479. Cadet Instructor. Fall or spring.

Phy Ed 483. SCUBA. Offers unique activities cadets may rarely have experienced prior to attending the Academy. As individuals and “buddy teams,” cadets are exposed to both physical and mental challenges while being sustained underwater by a life support system. Skills mastered remove any pre-conceived fears of the water. Course instills a more sound confidence level in future warrior officers and leaders. Upon completion, cadets can pursue their SCUBA activities as a Certified Open Water SCUBA Diver. SCUBA is a life long activity that can be utilized wherever there is a body of water.

Phy Ed 484. Volleyball. A lifetime team sport that teaches the fundamentals of volleyball so cadets achieve sufficient skills to participate in a game while a cadet, later as an officer, and throughout their life. Class provides a history of volleyball, instruction on rules and theory, and basic, intermediate and advanced technical skill development. Each cadet learns enough about the game so that he or she can appreciate volleyball at the college and professional level. Students are graded on a skills test to include underhand and overhand passing, serving, setting and attacking, as well as a play evaluation in scrimmages grading the cadet’s ability, attitude and effort.

Phy Ed 486. Basketball. Introduces the sport of basketball and is designed to broaden each player’s understanding, knowledge and appreciation for the game. Instruction in fundamental skills and basic drills each player can use for further skill development. Areas covered: passing, ball handling, shooting, individual offense, individual defense, rebounding, screens, team offense, team defense and transition. Course provides maximum time for players to compete on the court. Emphasizes skill development and teamwork.

Phy Ed 487. Soccer. A lifetime team sport teaching the fundamentals of soccer so cadets achieve sufficient skills to participate in a game while a cadet, later as an officer, and throughout their life. Class provides sufficient aerobic and anaerobic activity so that each cadet’s physical fitness will be maintained or improved, while having fun through athletics. Cadets learn enough about the game so that they can appreciate soccer at the college and professional level. Students are graded on rules of the game (written 20 question test), a skills test to include juggling, dribbling, passing and shooting, and play evaluation in scrimmages grading their ability, attitude and effort.

Phy Ed 488. Softball. A team sport teaching the fundamental skills required to play the game while a cadet, later as an officer, and throughout their life. Cadets learn both the fundamental skills it takes to be successful in the sport, and the rules by which the game is governed. Students learn the mechanics for throwing, hitting, fielding and base-running, and are evaluated on their progression throughout the class. Teaches the relationship between individual performance and overall team success through team building and leadership opportunities.

Phy Ed 499. Independent Study. Independent study focused on physical exercise.

Phy Ed Aca 499. Independent Research. Individual research and study in the physical education field under the direction of a faculty member. Emphasizes the use of laboratory facilities.