03/12/2025

SUBJECT: LETTER OF INSTRUCTION (LOI) FOR THE GLYNN ACADEMY HIGH SCHOOL (GA) RED TERROR RAIDER CHALLENGE 26 APRIL 2025.

1. Purpose: This LOI announces the 2025 Red Terror Raider Challenge to be held at Glynn Academy High School, Brunswick, Ga. This competition is meant to give teams a new, challenging meet to expand Raider in the southern/coastal region of Georgia during spring 2025 Raider season.

2. Scope: The GA Raider Challenge Competition is designed to:

a. Offer cadets a physically demanding competition

b. Promote a competitive spirit among the participants

c. Provide a physical fitness challenge

d. Develop respect and self-esteem among cadets

3. Specifics: Starting time will be 0900 on 26 APRIL 2025. There will be a total of five events with a ten-person team competing.

a. TEAM RUN: 2-mile team run. Conducted on paved sidewalk/trail around the perimeter of the campus, this will be the first event of the competition.

b. ONE ROPE BRIDGE: Ten Member Team must construct a one-rope

bridge across a span of approx. sixty feet. You need to bring your

own swiss seats, rope and snap links. A kern mantle or standard army

issue nylon laid 120 ft rope may be used.

c. CROSS COUNTRY RESCUE: Ten Member Team will secure a weighted litter and rucksacks, and then negotiate a 3/4-mile course around the campus.

d. SANDBAG RELAY: Ten Member Teams will conduct a relay of 10 sandbags.

e. RAIDER FITNESS CHALLENGE (RFC). Ten Member Teams will navigate a series of obstacles on the practice field to include Serpentine, Tire Dance, Low crawl, and Equipment Carry. The entire team will start and finish together.

GENERAL INFORMATION

1. The competition will be held at Glynn Academy High School located in Brunswick, Georgia.

2. Trophies will be awarded for First, Second, and Third Place in each event for Male, Mixed, and Female categories. Trophies will be awarded for First, Second, and Third Place overall in each team category.

3. Graders will be provided by recruiters from the Brunswick area. Team coaches may be asked to be graders if a need arises.

4. Team Composition.

a. Male, Mixed, and Female teams will consist of up to 12 members, but only 10 will be allowed to compete in any one event. Mix Teams must have a minimum of (4) four females. Schools may enter “A” and “B” teams if they choose.

b. Competing cadets will only be allowed to compete on one team only; meaning a cadet on the male team cannot be a substitute for a cadet on the mixed team.

5. ACU/OCP/MARPAT trousers, boots and tan or team T-shirt will be worn for all events except the team run. **Team run will be conducted in either boots or running shoes.**

6. The teams will be assigned to one of five groups to negotiate the Team Run, Rope Bridge, CCR, Sandbag Relay, Flip, and RFC.

7. The entrance fee for each team will be $50.00 per school.

8. Each team should have a release from liability form for each cadet participating in the competition. This form will be maintained by team coaches.

9. Team tent area will be adjacent to the tennis courts and the east side of the turf field.

10. Score sheets for the events will be provided in the school packets upon arrival and check-in.

**Coaches Meeting will begin at 0830 with the Competition starting at or near 0900 hours.**

11. Athletic Trainer will be on-site throughout the competition. Teams will treat minor injuries internally and, in the event, a higher level of care is needed, EMT will be contacted by event HQ.

12. If you have any questions. Contact MSgt Will Strohsahl at [william.strohsahl@glynn.k12.ga.us](mailto:william.strohsahl@glynn.k12.ga.us) or (910) 548-0042.

ANNEX A

TEAM RUN:

1. The Team Run will be conducted on the GA campus along a paved sidewalk surface. The route distance is approximately 2 miles.
2. Uniform for this event will be ACU pants, team T-shirt, and running shoes or boots (coaches’ choice).
3. THIS WILL BE THE FIRST EVENT FOR ALL TEAMS.
4. Team Coaches will be responsible for keeping track of their team time.
5. Teams will line up at the start line located at the bus ramp in their respective order. The order will be published with the final rotation schedule.
6. Teams will be released on 1-minute intervals.
7. All team members will start and end together. All members must be in the 10-meter box prior to crossing the finish line.
8. A member dropping out of the run will result in a five-minute penalty assessed to the team. If more than one member drops out of the run the team will be disqualified.
9. Medals are awarded to the top three teams in each category.

ANNEX B

ONE ROPE BRIDGE

1. One Rope Bridge

a. Each ten-member team must construct a one-rope bridge spanning a sixty-foot distance.

b. Teams may use either a Nylon laid 120-foot rope or Kern mantle rope to construct the bridge.

2. The rope bridge will be graded in the following manner.

a. Each team will start at a designated rope bridge point and on the command "go” build the rope bridge, cross the dead zone and disassemble the bridge. Time will stop when the team has crossed the bridge, the near side has crossed the dead zone, all knots are out of the rope, and the team captain states “Time." Swiss seats need not be taken off before time is called. The seats will be checked on the far side for accuracy of knots TC 3.97.61(2). 30 second Penalties will be assessed for each seats not properly tied.

b. The first and last man may wear sling ropes properly tied around the waist,

Minimum two wraps around the waist secured with square knot and tied off with an overhand knot or half hitches on each side of the square knot.

c. The rope does not have to be coiled in any special manner after torn down, but will be free of any knots at the finish line.

d. The time will start and finish at the Rope Bridge Site.

3. Penalties will be assessed according to the rope bridge score sheet. (Annex H).

4. Uniform will be ACUs/MARPAT with boots and T-shirts. Any equipment dropped will result in a 10 second penalty.

5. All teams will use the same poles at this competition. There are two sets of poles and are approximately 12 inches in diameter, 60 feet apart, and are pressure treated. There is a penalty box at the base of each pole (stepping on or over the RED LINE will result in a 10 sec. penalty per occurrence). The dead zone area is approximately 50 feet in length.

6. A rope that fails or falls will result in that team being disqualified.

7. Medals will be awarded to the top three teams in each category.

ANNEX C

CROSS COUNTRY RESCUE

1. Litter Rescue

a. Each team will run a pre-determined course. The course will around the campus and be a mix of paved and unimproved terrain.

b. Each team will carry a weighted stretcher, 4 rucks (male/mixed) / 2 rucks (female) weighing 35-40lbs, and (2) 5.56 ammo cans.

d. All equipment must be carried throughout the event and cannot be dropped or thrown.

e. Teams will be briefed on the route at the start point

f. Uniform will be ACU/MARPAT trouser and boots.

g. Scoring will be based on total time to negotiate the course by the team. All

Equipment must cross the finish line for the time will stop. Equipment cannot be thrown or dropped (30 sec. Penalty). Once a Cadet crosses the finish line he/she cannot cross back over line to help other team members.

h. Medals will be awarded to the top three teams in each category.

ANNEX D

SANDBAG RELAY

1. Equipment Relay. This 10-Raider activity has the Raider team breaking up into two groups of five. Raiders 1 through 5 will move ten, 30-pound sandbags (six for female division) from Circles A through F. Raiders 6 through 10 reset the course. Time stops when all sandbags are returned to Circle A.
   1. To start, Raider 1 will grab up to two sandbags from Circle A, carry them around a cone 25-yards away, and then run the bags to Circle B where they will be set (not dropped or thrown!) down.
   2. Raider 1 will then return to Circle A in the most direct manner possible to repeat this process until all ten sandbags have been moved to Circle B. Raider 2 will carry any available bags from Circle B to Circle C by carrying them around a cone 25-yards away.
   3. As soon as Raider 3 has any bags to carry in Circle C, Raider 3 will carry those bags around a cone 25-yards away and place them in Circle D.
   4. This process will continue until all ten sandbags have been moved by Raider 5 from Circle E to Circle F.
   5. At this point, Raiders 6 through 10 repeat the process in reverse Circle order until all sandbags have been returned to Circle A.
   6. For mixed teams, females will be Raiders 4 through 7. Raider 4 will only take six of the ten sandbags brought to Circle D, leaving the other four, and move them to Circle E where female Raider 5 will take the bags around the cone to Circle F. Female Raider 6 will take the six sandbags from Circle F around the cone to Circle E where female Raider 7 will take the six sandbags from Circle E around the cone to Circle D. At that point, Raider 8 needs to move all ten sandbags around the cone to Circle C and so on.
   7. No Raider can do the course twice so a weaker Raider does not get a turn.
   8. If a mixed team uses more than four females for this event, only female Raiders 4 through 7 carry six bags. In other words, any addition female will be required to carry all ten. Last, also for mixed teams, because female Raiders 4 through 7 are carrying six bags, this means that there are four bags waiting in Circle D as mentioned above.
   9. Raider 8 cannot begin moving those bags early in an effort to get a head start on getting those bags moved from Circle D to Circle C. Raider 8 can only begin carrying bags when female Raider 7 starts bringing the bags from Circle E to Circle D. With regard to female division teams choosing to use less than 10 females on this event, please know that all six bags must be transported through the entire course. If a female division team decides to use less than 10 females, they are committing at least one (in the case of a nine girl team) or two (in the case of an eight girl team) to have to run the sandbags multiple times.
   10. Video demonstrations can be seen at [Etowah Sandbag Relay (August 2021) - YouTube](https://www.youtube.com/watch?v=XgUcAciDjlw)
   11. Uniform will be ABU/ACU/OPCs with boots.

ANNEX F

RAIDER FITNESS CHALLENGE (RFC)

1. The RFC will be conducted on the GA practice field.
2. Uniform for the event will be ACU/MARPAT, team T-shirt, and boots.
3. General Scenario: The RFC is the team event designed to test the strength, strategy and endurance of a team of cadets over 400 yards through a variety of physical obstacles.
4. The team score is the time it takes to complete the tasks, put all items used back in their approximate starting positions, and finishes the course with all team members.
5. Time to complete the course will be kept and recorded for each team.
6. Judges and/or monitors will be stationed along the route to ensure compliance with all rules. A team may be removed from the course at the 8-minute mark for failure to progress. c. The team will be assembled behind a starting line. The grader will command, “Get Set, GO!” or similar. The GO command will start the clock. At that point, the team begins the course.
7. The course will consist of the following items in order
   1. A 30- yard Water Can carry (15 cans) & 60lb. Ammo Can carry (5 cans).
   2. Low Crawl
   3. Tire Dance
   4. Agility maze
   5. Turn Around Flag/Pole

ANNEX G

ULTIMATE RAIDER

1. The Ultimate Raider will be conducted on the RFC field at the completion of the regular rotation.
2. Uniform for the event will be ACU/MARPAT, team T-shirt, and boots.
3. Each team can nominate (2) cadets to participate in the event as a team.
4. Each cadet competing MUST have participated in each event of the regular competition.
5. The competition will begin with the 2-man team running/rucking a single lap (3/4 mile lap around the perimeter carrying (2) ALICE packs weighing 35lbs
6. Once complete, each cadet will conduct the the USMC Combat Fitness Test Maneuver Under Fire Course (MUF)
7. The combined time to complete both events will determine the team's final placement.

**Maneuver Under Fire (MANUF):** At the completion of the obstacle course, the Raider will immediately transition into the MANUF. The MANUF is a 300-yard shuttle run that includes a variety of combat-related tasks, including crawls, buddy drags/carries, ammunition resupply, grenade throw, and agility running.

* Cadets will start the MANUF while lying in the prone position, chest on the ground, one yard inboard from the right lateral limit of the designated lane, on line with the SC located at the 75-yard line. Staggering placement of the legs is permitted.
* The preparatory command is “Ready,” and the execute command is “Go.”
* On the command “Go,” cadets will rise and sprint to the 25-yard line. Upon reaching the 25-yard line, cadets will decelerate and execute a forward-facing clockwise turn (“J” hook) around the marker placed one yard inboard from the right lateral limit of the lane.
* Once the forward-facing turn has been executed, cadets will assume a high crawl position.
* With their chest on or behind the 25-yard line following the “J” hook, cadets will drop and execute a high crawl for 10 yards.
* The high crawl is characterized by the cadets maintaining contact with the ground with their elbows, knees, and torso.
* After crawling 10 yards to the 35-yard line, cadets will then execute a modified high crawl for 15 yards to the 50-yard line. The modified high crawl is characterized by the cadets maintaining six (6) points of contact (hands, knees, and feet) with the ground.
* After reaching the 50-yard line, cadets will rise and negotiate a network of cones (utility flags/other markers) for 25 yards until reaching the 75-yard line.
* A weighted seabag will be substituted for the seated casualty (SC) at the 75-yard line.
* Cadets will then lift and drag the SC 10 yards through the first two cones at the 65-yard line. Cadets will utilize proper lifting techniques by keeping the head up, chest elevated, and the natural curve of the lumbar spine maintained. Field monitors may verbally guide cadets dragging the SC through the nearest two cones. The SC must keep their knees straight and toes off the deck when being dragged. The SC may not assist the cadets being tested while being dragged.
* Once the feet of the SC have passed the second cone, cadets will lift the SC into the Fireman’s Carry position.
* Cadets will then transport the SC 65 yards straight back to the start line without negotiating the remainder of the cone network. Stopping to rest and/or readjust is permitted.
* Once the SC is passed through the start line, cadets will place the SC safely on the deck and lift two ammunition cans weighing 30 pounds each. Cadets will utilize proper lifting techniques by keeping the head up, chest elevated, and buttocks down.
* The cadets will transport the two 30-pound ammunition cans back to the 75-yard line, negotiating the cone network while en route.
* Upon reaching the 75-yard line, cadets will place the ammunition cans next to the dummy grenade while utilizing a good lowering technique by bending at the knees.
* Cadets will pick up the dummy grenade from the deck and engage the grenade target from the standing position.
* After the grenade is thrown, cadets will immediately drop to the deck and execute five push-ups. The quality of the push-ups will be graded in accordance with hybrid pull-up/push-up test standards.
* The grenade pit observer will signal to the field monitor both verbally and via hand signal whether the grenade throw was a hit or miss. To be counted as a hit, grenade throws must land directly in the grenade pit or strike the line marking the area. If the grenade lands in the grenade pit area but rolls out, the throw is considered a hit. The field monitor will report the results of the grenade throw to the cadets after the completion of the MANUF. Five seconds will be deducted from the overall MANUF time for hits, and five seconds will be added to the overall MANUF time for misses.
* After conducting five properly executed push-ups, cadets will pick up the ammunition cans, utilizing proper lifting techniques by keeping the head up, chest elevated, and buttocks down.
* After negotiating the cone network, cadets will transport the ammunition cans back to the start line. The primary monitor will ensure a five-yard buffer zone is maintained between the start/finish line and any personnel/equipment. The primary monitor will sound off as event time elapses. The field monitor will provide grenade throw results. Cadets will provide MANUF times and grenade throw results at the conclusion of the event.
* Scores will be calculated as follows: For example, a cadet with an overall MANUF time of 2:42 and who had a hit on the grenade throw portion would report “2:42 with a hit.” The cadet's recording will mark the overall time for the cadet as 2:37. The goal of this event is for cadets to complete the measured course as quickly as possible.

1. **Scoring:** All members will be graded as a 17-20 year male or female. The individual scores will be tallied for a total of 100 points possible. Scores will account for 50% of the Ultimate Raider.

**HOLD HARMLESS AGREEMENT**

I/We, the undersigned, hereby grant permission for a legal dependent to participate in the below listed activity of the GA JROTC department.

I/We do hereby agree to release, and otherwise hold harmless all instructors, all school administrative officials, Glynn Academy High School, and the Glynn County School District from any liability for personal injury, property or other type of loss which occurs because of the aforementioned activity, to me or any of the undersigned. I/We understand and agree that my signature hereunder constitutes a waiver of rights by myself or my estate to sue, for any personal injuries, death or property damage caused by, or a result of the activity of, the hereinabove named parties, and I/We freely assume all risks, hazards, or losses which may result from said activity.

JROTC instructors, school, and GA officials will make every reasonable effort to properly supervise, control, and render safe all training and activities related to this competition. This \_\_\_\_\_ day of \_\_\_\_\_\_\_\_\_\_\_\_\_\_, 2025.

Emergency Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Student signature)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(Parents signature)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
INSURANCE INFORMATION

This is to certify that \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_is covered by insurance providing coverage for hospital and medical treatment.

Printed Name of Parent/Guardian\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature of Parent/Guardian Date \_\_\_\_\_\_\_\_\_\_

School Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

POC:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Number of Teams: \_\_\_\_\_

Category of Teams: Male\_\_\_\_\_ Male/Mix \_\_\_\_\_ Female \_\_\_\_

Price is $50.00 per school.

Amount Enclosed: \_\_\_\_\_\_\_\_\_\_\_(Make checks payable to Red Terrors MCJROTC Booster Club)

Signature of POC:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Mail checks and forms to:

Red Terrors MCJROTC Booster Club

1001 Mansfield St

Brunswick, Ga 31520