



Lee's Summit North High School

Air Force Junior ROTC
901 N.E. Douglas
Lee's Summit, Missouri 64086-4505
(816) 986-3000 • FAX (816) 986-3170



MEMORANDUM FOR AFJROTC CADETS AND PARENTS

April 4, 2018

FROM: LSN AFJROTC Staff

SUBJECT: MO-952 Summer Camp

1. This summer at Lee's Summit North High School, AFJROTC will be hosting a summer camp for future cadets currently in grades 6th through 8th. The mission of AFJROTC is to "Develop citizens of character dedicated to serving their nation and community." The camp will consist of 3 days of fun physical activities, basic lessons on character, making model rockets, and learning useful leadership skills.
2. The camp will go for 3 days from June 5th through June 7th. Everyday will consist of a different AFJROTC based activity being either: Raiders, Drill, or Model Rocket Club. To see the exact schedule, see the minute to minute agenda at the end of this information packet. We aim to increase teamwork and leadership skills in all of the participants, it will be a fun and new experience for every kid of varying skill sets.
3. The camp will start on June 5th and kids will be expected to arrive at 8:30 PM, at which point they'll be organized into a groups between 5 and 10 and assigned a high school cadet as a counselor. At the end of the day pick-up will take place at 2:45 PM.
4. The cost of the camp will be adjustable based on the needs of each individual participant.
5. The summer camp will take place at Lee's Summit North High School campus in the AFJROTC room 2305. This is located on the west side of the building.

MARK SCHMIDT, Major (USAF Retired)
Senior Aerospace Science Instructor

Summer Camp Attendance and Permission Form

LSN AFJROTC will host a summer camp from 5-7 June 2018 from 8:30am-2:45pm, in AFJROTC classroom 2305. Students will be met at the front entrance doors of LSN each morning by cadets. To spread the mission of AFJROTC, "Develop citizens of character dedicated to serving their nation and community." As well as our core values of "integrity first, service before self, and excellence in all we do." We will use fun ways to encourage team building and make a solid set of friends with similar values and character. All activities work with kids to step up as leaders and work as followers to show communication skills and adapting to new environments. They will make friends and learn to push each other to try new things and broaden their comfort zone with as a team. Please let us know if your cadet will be needing lunch provided to them. This will give us an idea of how many will be attending each day to provide lunch and plan group activities. If you have any questions, contact the instructor, Major Mark Schmidt at mark.schmidt@lsr7.net AND the Cadet Officer in Charge Gabi Barada at gbarada121@lsr7.net. Major Schmidt will not respond to questions from 26 May to 1 June due to the JROTC Leadership Camp at Camp Clark. Please use "Summer Camp" in the subject line.

Cost: \$25 Includes: rocket kit, T-shirt, snacks and daily lunch (sandwich, hot dog, pizza)

To Register, do one of the following 2 options:

1) Return this attendance and permission form and money by 1 May 2018 to LS North High School, attn: JROTC.

2) Register Online (extra \$3 processing fee, \$28 total) at <http://www.lsnbronsoscamps.com/air-force-junior-rotc.cfm>

Student Name: _____ **Grade:** _____

Parent Phone Number:: _____

Parent Email: _____

Parent Name Printed: _____

Parent/Guardian Signature: _____

T-shirt Size: XS S M L XL (Please circle)

Schedule DAY 1 - June 5th (Schedule may vary based on weather)

Introduction

8:30 - Take role and organize the kids with their Cadres

8:45 - Introduce Cadre assigned to squad

9:00 - "Get to know you" Activity within squads

9:25 - Hand out T-shirts

9:35 - Final Role, take kids outside or to gym to learn basic drill movements

10:35 - Break

10:50 - Snake (Drill Game)

11:15 - Team Activity

- Design flag
 - (Use blank paper to decorate and define the team as a whole. Use images and phrases to define what matters to each team as a bonding exercise)
- Name Team

12:05 - Lunch

1:00 - Team Building (Toxic Waste, Zombie Escape, Arctic Storm, Back to Back Art)

1:45 - Exhibition Demonstration

2:00 - End of the day wind down

- Hand out any papers for parents
- Cadre meet up with squad go over highs and lows of the day

2:45 - Pick up

Schedule DAY 2 - June 6th

Model Rocket Day

8:30 - Take Role and organize squads

8:45 - Cadre talk about importance of teamwork as a whole as intro to activity

9:00 - Paper Airplane Competition

- Fold Techniques
- Decorating
- Flying

9:45 - Mini Lesson on Aerodynamics

10:00 - Break

10:15 - Build Rocket Kits

12:15 - Lunch

1:15 - Launching

2:00 - End of the day wind down

- Hand out any papers for parents
- Cadre meet up with squad go over highs and lows of the day, announce any points won
- REMIND KIDS TO DRESS FOR PHYSICAL ACTIVITY AND BRING WATER

2:45 - Pick Up

Schedule DAY 3 - June 7th

Raider Day

8:30 - Take Role and organize squads

8:45 - Make sure all kids have a water bottle

9:00 - Go outside and go through warm ups

- Stretching
 - Sit and Reach
 - Toe touches
- Cardio warm up

- Toy soldiers
- Butt kicks
- Individual warm up

9:10 - Fitness Competition

- Race / Sit ups / Push ups / etc.

10:00 - Break

10:30 - Obstacle Course

- Tire Flips
- Carrying Ammo Cans
- Plank Walk
- Two box, two board and one team

11:00 - Break

11:15 - Rope Bridge Demonstration

12:00 - Lunch

1:00 - Team Sports

- Basketball
- Matball
- One Step Football
- Volleyball

2:00 - End of the day wind down

- Cadre meet up with squad go over highs and lows of the day, announce any points won

2:45 - Pick up

Lees Summit North



Bronco Force JROTC

LSN



What is JROTC?

The JROTC (Junior Reserve Officer Training Corps) is a federal program hosted and sponsored by the US Armed Forces in select High Schools.

What can I do in JROTC?

JROTC offers a wide variety of team's, including:

Drill Team - Precision marching

Honor Guard - Presentation of the colors --->

Cyber Patriot - Cyber Security and STEM based competition

Raider Team - Athletic competitions

There is a wide variety of things that can be accomplished by joining any one of these teams.



Still not interested? That's fine, but know that as cheesy as it sounds, JROTC is like a family.

On top of that, you will be able to participate in a wide variety of fun community service events towards graduation.

FAQ

Do I have to join the Military if I'm in ROTC?

No, but if you decide to join JROTC, it will benefit you in the future.

Do I have to be an athlete?

Simple answer, no.

Do I have to shave my head bald?

This is probably one of the worst misconceptions about JROTC. 90% of people at LSN would be able to keep their regular hairstyle if they were to join ROTC.

If you need more information or want to join, contact me at kconway844@lsr7.net or go to the JROTC room (2305).