



HOOVER HIGH SCHOOL, JROTC PROGRAM Course Syllabus for School Year 2020-2021

Course Title: Junior Reserve Officer Training Corps (JROTC)

Teachers: Lieutenant Colonel (Ret) Mark Ayson (LET 3 & 4), mayson@sandi.net
First Sergeant (Ret) William "Bill" Mercado (LET 2 & 3), wmercado@sandi.net
Master Sergeant (Ret) Jose Ruiz (LET1 & 2), jruiz6@sandi.net

Location:

Hoover High School: Building 800

Phone: (619) 344-4500 # 2805

Hours Monday thru Friday: 8:00 a.m. – 2:55 p.m.

After school Practice Hours (**Suspended during COVID-19**)

Extended Hours (During Competition Days) (**Suspended during COVID-19**)

1. Course Description and content standards.

**WE ARE HAPPY THAT YOU HAVE CHOSEN TO BECOME A CADET IN THE FAMED
HOOVER HIGH SCHOOL CARDINAL BATTALION. WELCOME!!**

The Army Junior Reserve Officer's Training Corps (JROTC) Program at Hoover High School is designed to teach Students the value of Citizenship, Leadership, Service to the Community, Physical Fitness, Personal Responsibility, and a Sense of Accomplishment, while instilling the following key qualities of life success: self-esteem, teamwork, self-discipline and a lifelong interest in learning.

2. AJROTC Teaching and Mentorship Team.

Hoover High School is fortunate to have three Special Credential Teachers assisted by the San Diego District JROTC Office. Their mission is to instruct, mentor and guide each cadet to set them up for academic success, by teaching them the following developmental traits:

- a. The Imperative of Graduating from High School
- b. Academic Achievement
- c. Personal responsibility
- d. Self-discipline & Self-respect
- e. Positive Ethics
- f. Healthy Lifestyle
- g. Teamwork

3. Grading Policy:

Cadets are expected to attend all scheduled class periods, actively participate during all classes, turn in all academic assignments, and participate fully in Physical Education activities, including Health and Wellness activities. Finally, Cadets are expected to wear the Army JROTC Uniform on designated Uniform Days.

Cadets will be graded on two key areas. **Character Development** and **Class Performance**.

Each of these two key areas are worth **50%** of the Cadet's overall grade for each marking period:

CHARACTER DEVELOPMENT (10% each for the following five categories = 50%):

Self- Discipline (10%): Quiet and Respectful while Standing in Ranks in Formation

Bearing (10%): Good Posture, Proper Position of Attention - Eyes Straight to the Front; Quietly following Commands while Stationary and while Marching in Squad and in Platoon Formation; Physical Fitness: Posture, Punctuality, and Positive Spirit

Citizenship (10%): Being On Time (Punctuality), Courteous and Cheerful Demeanor toward all Students and Teachers and Staff Members on Campus

Integrity (10%): Honorable behavior (in word and in deed); Not cheating or plagiarizing essays and papers; Never lying; Never taking another's property; Selflessness – putting the needs of others first

Grooming and Appearance (10%): Presenting a Neat and Clean Appearance, whether in Physical Training (PT) Uniform or Military Uniform or normal Civilian Clothing

CLASS PERFORMANCE (25% each for the following two categories = 50%):

In-Class (25%): Homework, Quizzes, and Tests on the following JROTC Academic Subjects: Military and Civilian Leadership Principles and Applications, World and United States Geography, Military Map Reading, Military Customs and Courtesies, Military History, Patriotism, Emotional Intelligence, Cadet Chain of Command, Cadet Ranks, Cadet Battalion Structure, US Army Chain of Command

Tuesday (Uniform Inspection Day) Grooming and Appearance (25%):

(SUSPENDED during COVID-19) – Cadets are encouraged to maintain appearance on zoom.

A. While wearing the Army JROTC Cadet uniform on Tuesday – proper haircut in accordance with CCR 145-2 and AR 670-1, no facial hair (beards) for male cadets, clean and pressed uniform, complete uniform (to include gray beret headgear, gray shirt, nametag, blue trousers, belt, belt buckle, unit ribbons and awards and decorations, proper cadet rank, black socks, and military cadet shoes).

- B. While NOT wearing the Army JROTC Cadet uniform on Tuesday – cadets are **STILL REQUIRED** to stand for inspection and present a proper haircut in accordance with CCR 145-2 and AR 670-1, no facial hair (beards) for male cadets, and a neat and clean overall appearance.

- C. Cadets are permitted to wear their Army JROTC Cadet uniform on the following Monday for a “make-up” inspection (if absent from the previous Tuesday inspection), but Cadets undergoing a make-up inspection **cannot** achieve maximum point totals.

- D. Bottom line: **WEAR ARMY JROTC CADET UNIFORMS WITH PRIDE ON TUESDAY UNIFORM DAYS WHEN DIRECTED TO DO SO. (SUSPENDED during COVID-19)**

GRADING SCALE

96% -100%= A+

90% - 95% = A

86% - 89% = B+

80% - 85% = B

76% - 79% = C+

70% - 75% = C

66% - 69% = D+

60% - 65% = D

59% and below = F

EXTRA CREDIT OPPORTUNITIES: Cadets may be awarded extra credit for exemplary performance of community service events, for volunteering for school support requirements, and for exemplary performance on the Armed and Unarmed Drill Teams, Archery Team, Academic Team, Cadet Challenge Team, and the Color Guard.

4. Physical Education, Fitness and Health Wellness:

The ultimate purpose of any physical education program is to help all students gain the skills & knowledge to be physically active for a lifetime. Our program is designed to provide a safe & inclusive learning environment and requires students to regularly participate in a physical fitness program and meet California PE Content and Fitness Gram standards stated below:

California High School Content Standards

Overarching Standard 1: *Students demonstrate knowledge of and competency in motor skills, movement patterns and strategies needed to perform a variety of physical activities.*

Overarching Standard 2: *Students achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles and strategies.*

Overarching Standard 3: *Students demonstrate knowledge of psychological and sociological concepts, principles and strategies that apply to the learning and performance of physical activity.*

Physical Fitness Testing (FITNESSGRAM)

The primary goal of the FITNESSGRAM battery of tests is to assist students in establishing lifelong habits of regular physical activity. The FITNESSGRAM is conducted in November (upper class only) and March. Students will be pre-tested in September to establish baseline fitness levels and set personal goals. The FITNESSGRAM tests 6 main fitness areas that represent 5 components of fitness: Aerobic Capacity, Muscular Strength, Muscular Endurance, Flexibility, and Body Composition. In Course 2 students will have a second opportunity to achieve 5 out of 6 Healthy Fitness Zones. Students who do not achieve 5 out of 6 Healthy Fitness Zones must continue taking physical education courses in grades 11 and 12 until an overall passing score is obtained. As FITNESSGRAM is a state-mandated test, student scores will **not** be computed as part of their academic grade.

The 6 FITNESSGRAM required tests areas are:

1. Aerobic Capacity (PACER, One-Mile Run, or Walk Test)
2. Abdominal Strength and Endurance (Curl-Ups)
3. Trunk Extensor Strength and Flexibility (Trunk Lift)
4. Upper Body Strength (Push-Ups, Modified Pull-Ups, Flexed Arm Hang)
5. Flexibility (Back-Saver Sit and Reach, Shoulder Stretch)
6. Body Composition (Body Mass Index [height and weight])

PE Grading

The academic grade (learning-focused) is based on the degree to which each student meets or exceeds the 3 overarching *California Model Content Standards* and corresponding performance standards.

The citizenship grade (non-academic, behavior/effort-focused) is determined by following class rules, arriving on time, wearing acceptable athletic clothing, exhibiting a willingness to learn, participating in class activities. Motivation and positive attitude are of paramount importance!

This portion of the grade will include the cadet's preparation (i.e., coming to class ready to learn), cooperation, participation in class, attendance, leadership, etc. Since a cadet earns PE and elective credit for this class, there will also be an emphasis on dressing for physical education in appropriate Physical Education attire and actively participating in the physical fitness exercises.

Medical Excuses

Students will be required to bring a written note from a parent in order to be excused from physical education. A doctor's note must be presented for illness or injury lasting more than three days. Students will be required to suit up and participate to the maximum degree that their illness/medical condition allows. Students will be required to make up all missed work.

Note: Students must bring all medical devices (inhalers, etc) and/or prescribed medications to class. The school nurse will assist as required.

5. Enrollment Requirements:

Students are welcomed to enroll into JROTC, at the beginning of each term, and must have the desire and dedication to join on their own free will, and parental support. As per current San Diego Unified School District Policy, Parents/Legal Guardian must read and sign the JROTC Parent Consent Form , to validate their child's enrollment into our Program. **Failure to do so will result in their disenrollment from the JROTC Program.**

6. Books and Uniform Requirements:

Students enrolled in JROTC Program receive all books and access to other instructional reading material, free of charge. They also receive the official U.S. Army JROTC Cadet Uniform with shirt (name plate, ribbon, medals and rank) with a pair of dress shoes (providing appropriate sizes are in stock). Cadets are expected wear their uniform on designated Uniform Day, as well as to maintain proper care and accountability. The uniform will be returned back to the JROTC department, at the end of the school year or if the Cadet transfers out of JROTC. Failure to do so may lead to their final grade not being posted into their academic record, thus depriving them from earning credits for this class, or placing a financial hold on final report cards.

7. Rules & Behavioral Expectations for Students:

- a. Meet clear Army JROTC standards of individual appearance - and standards for proper wear of the military uniform (once a week and while participating in a JROTC-sponsored official event, both on and off school grounds)

- b. Male Cadets, while wearing the Army JROTC uniform, must maintain proper grooming standards – i.e., no facial hair of any type - and a neat and clean haircut. (CCR145-2 and AR 670-1)
- c. Female Cadets, while wearing the Army JROTC uniform, must maintain hairstyle and wear jewelry in accordance with Army JROTC standards. (CCR 145-2 and AR 670-1)
- d. References for uniform standards can be found in Cadet Command Regulations.
- e. Food or snacks will not be consumed during classroom instruction (except as authorized by the instructor)
- f. No drinks (except as authorized by the instructor) will be consumed during classroom instruction.
- g. No use personal electronic devices will be permitted during classroom instruction, unless authorized to do so by the instructor.
- h. Cadets will not use any sort of illegal drugs or beverages or legal prescription medication, during classroom hours, unless approved by a certified Physician or Nurse. Mutual respect must be – Student to Instructor, Instructor to Student, and Student to Student.
- i. Address your JROTC Instructors by military title and last name.
- j. Address your fellow students as Cadet/ Ms./ Mr. – Last name
- k. Raise your hand to be recognized for questions and comments.
- l. Avoid “shouting down” or “talking over” another individual.
- m. No personal attacks or taunting against another student or staff/faculty member.
- n. No fighting, wrestling, running in the range, riding skate boards, or cursing.
- o. Failure to adhere to these rules will warrant for students to be removed from the classroom and escorted to the Principal or Vice Principal Offices for further action.

8. Non-Discrimination Policy:

NOTICE OF STUDENT NONDISCRIMINATION

San Diego Unified School District is committed to equal opportunity for all individuals in education. District programs and activities shall be free from discrimination, harassment, intimidation, and bullying by reason of the following actual or perceived characteristics: age, ancestry, color, mental or physical disability, ethnicity, ethnic group identification, gender, gender expression, gender identity, genetic information, immigration status, marital or parental status, nationality, national origin, actual or perceived sex, sexual orientation, race, religion, or on the basis of a person’s association with a person or group with one or more of these actual or perceived characteristics.

Students who violate this policy may be subject to discipline, up to and including expulsion, in accordance with district policy, administrative procedure and state law.

Employees who violate this policy shall be subject to discipline up to and including dismissal. Any disciplinary action shall be in accordance with applicable federal, state and/or collective bargaining agreements.

Reference Board Policy (BP) 5145.3 and Administrative Regulation (AR) 5145.3 for full policies.

AVISO DE NO DISCRIMINACIÓN ESTUDIANTIL

El Distrito Escolar Unificado de San Diego se compromete a la igualdad de oportunidades en la educación para todas las personas. Los programas, las actividades y las prácticas del distrito deben estar libres de discriminación, hostigamiento, intimidación y acoso basado en edad, ascendencia, color, discapacidad mental o física, origen étnico, identificación de grupo étnico, género, expresión del género, identidad de género, información genética, estado de inmigración, estado civil o parental, nacionalidad, origen nacional, sexo real o percibido, orientación sexual, raza, religión o basado en la asociación de una persona con una persona o un grupo con una o más de estas características reales o percibidas.

Los estudiantes que quebranten esta política podrían estar sujetos a medidas disciplinarias, hasta e incluyendo la expulsión, de acuerdo con la política del distrito, el procedimiento administrativo y la ley estatal.

Los empleados que quebranten esta política estarán sujetos a medidas disciplinarias hasta e incluyendo ser despedidos. Cualquier acción disciplinaria será conforme a los acuerdos aplicables federales, estatales y/o de contrato colectivo.

Para las políticas enteras, referirse a las Políticas de La Mesa Directiva (BP) 5145.3 y los Reglamentos Administrativos (AR) 5145.3.

9. Conclusion:


The goal of our Army JROTC Program is for each Cadet to achieve life success by:


- 1) "Graduating from High School".
- 2) "Maintaining a Healthy Lifestyle".
- 3) "Building and Maintaining Strong Character".


We also want our Cadets to keep their Parent(s) and/or Legal Guardian(s) informed about their status, progress, and challenges while in JROTC and in other classes. We encourage family members to attend and support any of our sponsored events.

Again, we want to welcome you and hope that you will have a challenging and successful Academic School Year 2019-2020, whether you are a brand new Cadet or a returning Cadet into our dynamic JROTC Program, while attending Hoover High School.

Respectfully Yours,


William Mercado (Sep 7, 2020 19:50 PDT)
William Mercado
1SGT (Ret) U.S. Army
Army Instructor


Jose Ruiz (Sep 7, 2020 20:19 PDT)
Jose Ruiz
MSG (Ret) U.S. Army
Army Instructor


Mark Anthony G. Ayson
LTC (Ret), U.S. Army
Senior Army Instructor

CADET (PRINT NAME) _____ DATE _____

CADET (SIGNATURE) _____ DATE _____