

## PHYSICAL TRAINING

## HOW TO SIGN UP

Physical training takes place in many settings, from indoors at Daniel Webster College Gymnasium to the Recreation Center at UMass Lowell to...



Outdoor Facilities at Mines Falls Park in Nashua, NH to the River Run along the River in Lowell, MA to The Tyngsboro National Forest Parks in Tyngsboro, MA.



To register for classes call the Registrar's Office:

UML: Use iSiS  
DWC: 603-577-6510,  
Merrimack: 978-837-5344  
Rivier: 603-897-8213

### FRESHMAN:

COURSE	UML COURSE#	DWC COURSE#
AS101 (fall)	29.101	AS101
AS102 (spring)	29.102	AS102
Leadership Lab	29.001	ROTCL

### SOPHOMORE:

COURSE	UML COURSE#	DWC COURSE#
AS201 (fall)	29.201	AS201
AS202 (spring)	29.202	AS202
Leadership Lab	29.001	ROTCL

**If you have any questions about Air Force or want to know how to get started with ROTC at Detachment 345 please contact:**



**MARC R. QUESNEL, Capt, USAF**  
 Unit Admissions Officer



*One University Ave  
 409 Engineering Bldg  
 Lowell, Massachusetts 01854*



*Voice: 978.934.2252  
 Email: afrotc345@uml.edu*

What we do at Physical Training...

- Pushups
- Sit-ups
- Running
- Fun and Games
- Strength and Endurance Exercises



# Detachment 345



[www.uml.edu/afrotc](http://www.uml.edu/afrotc)

**1-978-934-2252**

## WHAT DO WE DO AT DETACHMENT 345



Leadership lessons are taken out of the classroom and into settings like the Nashua Indoor Skydiving Tunnel, the Manchester Vertical Dreams rock wall, or the Canabie Paintball Field

### HONOR GUARD

Cadets will learn all aspects of drill and ceremonies, customs and courtesies and military professionalism, while honoring their country at hockey games, parades and veterans events.



### BASE VISITS



There is no better way to learn about the operational Air Force than by spending time visiting various military bases and learning from active duty airmen who have dedicated their lives to service

### FIELD EXERCISES

Warrior airmen get their hands dirty and prepare for field training by implementing skills and lessons learned during leadership laboratory through a Field Leadership Exercise that simulates wartime operations



## BENEFITS OF DETACHMENT 345

### ROOM AND/OR BOARD SUBSIDIES:

#### UNIVERSITY OF MASSACHUSETTS - LOWELL

University of Massachusetts Lowell offers full room-and-board scholarships to students who are awarded an AFROTC Type 1, 2 or 7 scholarships. Room-and-board scholarships will be activated when the AFROTC scholarship is activated.

#### DANIEL WEBSTER COLLEGE

Daniel Webster College offers room scholarships to any student on an AFROTC Type 1 or 2 scholarships. Room scholarships will be activated once the AFROTC scholarship is activated.

### HANSCOM AIR FORCE BASE:

Hanscom AFB is an active duty Air Force base located less than 20 miles south of the UMass - Lowell campus. Our close proximity allows our students to get more hands on training and an introduction to active duty, while in college.

### MERRIMACK VALLEY:

Just thirty-minutes north and west of Boston lies the Greater Merrimack Valley, a region rich in history and natural beauty and home to the historic communities of Lowell, Lexington and Concord. You will enjoy spending your college days in the region where freedom began.



Scan for Air Force ROTC Det 345 website

## GROUPS RELATED TO AFROTC

### ARNOLD AIR SOCIETY:

The Charles L. Vacanti Squadron of the Arnold Air Society is a professional, honorary, service organization whose mission is to create a more unified relationship among Air Force officer candidates. To develop leadership, management, and communication skills through community service and national networking. To further the purpose, traditions, and concepts of the United States Air Force, and to support the Cadet Wing by completing this mission.

### SILVER WINGS:

The Silver Wings Paul Labarre chapter is a student-run, national, non-profit organization open to both AFROTC cadets and civilians. Members focus on personal growth through community service and promoting military awareness, and professional growth through attending workshops, planning and coordinating events, and holding positions on the chapter, regional, and national level. Silver Wings provides a unique and engaging leadership opportunities for cadets and civilians alike.

## LEADERSHIP LABORATORY

Leadership Laboratory (LLAB) provides cadets with an opportunity to develop and implement innovative and stimulating training programs that prepare students to become future Air Force Officers. Through planning and executing LLAB, cadets develop their personal leadership styles and learn the importance of teamwork. LLAB fosters camaraderie and esprit de corp by creating an academic environment focused on developing the skills necessary for commissioning. These skills are fine tuned in many ways to include group leadership projects that promote teamwork, drill that promotes attention to detail and presentations that promote confidence.