



REPLY TO
ATTENTION OF

DEPARTMENT OF THE ARMY

16TH SPECIAL TROOPS BATTALION

UNIT 27503

APO AE 09139

AETS-SBB-CO

25 April 2012

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Battalion Commander's Policy Letter #15, Battalion APFT Incentive and Special Population PT Program

1. The purpose of this memorandum is to establish procedures and guidance for all Soldiers of 16th Special Troops Battalion regarding the Battalion APFT Incentive and Special Population PT Programs.
2. Physical fitness is a critical aspect of training. Each Soldier's level of physical fitness directly impacts the readiness of his or her unit. Physical fitness is a shared individual and unit responsibility. It is the Soldier's responsibility to stay physically fit and to maintain Army height-weight standards. It is the company commander's responsibility to provide a challenging, physically tough physical training (PT) program that promotes maximum physical conditioning and readiness. Company grade officers, CW2s, WO1s, and NCOs E-8 and below will conduct PT four times a week (Monday, Tuesday, Wednesday, and Friday) from 0630-0730 with their platoon or section at first formation. A sporting event will be conducted once a month.
3. The Army's physical fitness test minimum standard is 60 points in each event. My goal is for each Soldier to score a minimum of 80 points on each APFT event and to be able to run four miles in formation at a nine minute-per-mile pace. All PT Programs will be designed towards meeting these goals.
4. Effective the date of this policy letter, Soldiers who score between 290-300 points on their record APFT will be exempt from daily Company Physical Training (PT), excluding Company/Battalion "Esprit De Corps" events. Those Soldiers exempt from unit Physical Training will conduct Physical Training on their own during the hours of 0630-0730.
5. To inspire achievement on the APFT, the following incentives will apply:
 - a. Soldiers who score 290 or above on any record APFT will receive a Battalion Certificate of Achievement.
 - b. Any Soldier who scores 300 points on three (3) consecutive record APFTs will be given a training holiday.
 - c. Failure to score between 290-300 points on any diagnostic or record APFT will result in the Soldier returning to unit physical training.
 - d. Soldiers who meet the above standards will not be required to report to daily PT formation. Their first place of duty will be morning formation or work call.

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e. Unit commanders can remove a Soldier from this program for any failure to abide by company standards of discipline and/or infractions covered under the UCMJ.

6. Each company is responsible for establishing a Special Population PT Program according to the following guidelines:

a. Special population includes those Soldiers who fail to meet minimum APFT standards or exceed the body fat content allowance in AR 600-9.

b. Personnel will participate in Special Population PT at a minimum of four days per week with Special Population PT being conducted in addition to the normal Company PT Program.

c. Companies will appoint a primary and alternate NCO to train Soldiers enrolled in the program. NCO leaders will be in positive control of these Soldiers throughout these training sessions.

d. Soldiers will continue to participate in the program until they meet minimum APFT standards and/or are no longer in violation of AR 600-9.

e. Soldiers will not be placed in Special Population PT Program for failing to score 80 points in each event on the APFT; the minimum standard is 60 points per event.

f. Commanders may identify additional training time if warranted to achieve the above standards.

7. The point of contact for this action is CSM Brown at 469-8492.

8. ***ON POINT!***



CODY ZILHAVER
LTC, FC
Commanding

DISTRIBUTION:
HHC, 16th STB
504th BDE SIG CO
106th FMCO