

# **How to Survive Leadership Academy**



**By c/CPO Efren "MoiMoi" Duenas**

<b>Objective</b>	<b>2</b>
<b>Before Leadership Academy</b>	<b>2</b>
What to do/practice	2
What to expect	2
What should you be prepare to bring	3
<b>At Leadership Academy</b>	<b>4</b>
What is needed to pass Leadership Academy	4
How to act/do	4
Tips and Trick for PFT	4
<b>After Leadership Academy</b>	<b>5</b>
The Do's and Don'ts	5
Sources	5

## Objective

To help the cadets who are about to attend leadership academy

## Before Leadership Academy

### What to do/practice

Study everything in the Cadet Field Manual and outside knowledge like the NATO Phonetic Alphabet.

Start practicing your Fitness as you are going to be doing PT everyday along with the PFT.

Some Examples that have been asked at Leadership Academy and not during regular unit inspection are

- Last Name in the Phonetic Alphabet
- Measurement for the NJROTC Patch
- What are the Main things on the NJROTC Patch or Marine Logo and what do they represent
- What is the Navy Mission or Motto
- Who is the Commandant of the Marine Corps
- 14 Leadership Traits JJDIDTIEBUCKLE
- When given a command you first respond back with command and then say Aye Aye Sir/Ma'am. EXAMPLE Instructor: "Perform an about face"  
You: "About Face Aye Aye Sir"
- Tip: "Yes Sir/Ma'am" is for a Question "Aye Aye Sir/Ma'am" is for Commands

## What to expect

You should expect to be yelled at and trained hard and depending on which leadership academy you attend you should expect to stay the night or get up early and go to sleep early. You should expect to be running or marching every you go. You need to build up your command voice and have confidence. You also need to make sure you know all of the non-regulation things the unit does (Ex. Saying Can Do! For PT). You need to be able to quickly adapt to the change in regulation (if there is a change) or things you learned as they might have been incorrectly taught or by personal preference. Don't forget to give your 110% in everything!

## What should you be prepare to bring

If allowed you should bring these items in a black or navy bag

(Make sure to confirm with the academy or CDR before taking these item)

Most likely you will be wearing your PT Uniform all the time and only be in/bring Khakis for like 1-2 Days

- Khaki Uniform with GARRISON COVER and NO aiguillettes (NEVER BRING COMBO OR DRESS BLUES OR AIGUILLETES UNLESS ASKED TO )
- Shoe Polish if you are staying at the academy
- PT Uniform (May wanna ask for yellow pt shirt also)
- Compass
- Note taking materials Basic Stuff Notebook and Pencil if you need more bring more as in sticky notes binders etc but recommended Notebook Pencil only
- Sword and Scabbard aka Sword Holder
- Sunscreen
- A Hat/Cap
- The Cadet Field Manual (Orange Bible)
- Water LOTS OF IT
- Quick Snacks
- Lunch if not provided
- NJROTC Standard Release form
- Health Risk Screening Form
- Current Sports Physical
- Parent Permission Slip

## At Leadership Academy

### What is needed to pass Leadership Academy

As of Leadership Academy 2021 they scored you and you needed to get a combined score to pass. They combined your score of PFT, Personal Inspection, Sword Drill, and Close Order Drill. If i remember correctly you wanted/had to get at least 80 points on all of the categories to pass now if you failed one category that is fine but you are 99.9% sure that you will not pass and get the aiguillette the bragging rights etc. but there is a way to pass if you basically ace the rest of the categories because you have to get i believe 300/400 points

### How to act/do

Now you want to make sure you aren't the lone wolf. They never like that they are training you to be leaders not rambo. That means you don't leave your battle buddy and do NOT expect to be placed in the same squad with the cadets from La Habra they purposely split schools apart as much as possible so you can learn to work with different people which leads me my next tip to make sure to be social as possible because during and after the Academy you can keep in contact and help each other out with teams units etc. Next there is a time and place for everything that means don't have a stick up your a\*\* about everything. Make sure if you are Platoon or Squad leader you use the proper term you do not want to be calling the cadets GUYS (ex. My cadet instructor, CO of Troy that year, got 20 pushups from a Gunnery Sergeant ) like how you probably already do with your squad class team unit etc.

### Tips and Trick for PFT

Remember for Sit ups it's til your shoulder blades touch the ground and when your elbows hit your knees so you are gonna want to position yourself so you are basically shaking your body back and forth rather than using your abs till counts as curl ups. Pushups are push ups, sorry if

you have long arms because the trick is to go until your elbows are 90 degrees. Anything past that is too much work and you are gonna have less pushups. Running is Running so just make sure to hydrate the night before and eat a good breakfast AND STRETCH. (You should be training at least a month in advance. You should NOT be going to LA and having that be your first workout)

## After Leadership Academy

### The Do's and Don'ts

**DO** pick and choose what you learn from leadership academy as some of the tips they teach you dont apply to your circumstance or leadership style

**DON'T** say you know everything about leadership and throw everything you learned out the window

**DO** help those that need to be helped and mentored as leaders

**DON'T** force people that don't need or don't want your help

**DO** Be modest and humble about everything if someone says you suck, brush it off

**DON'T** Act like you are the S\*\*t because you went to leadership academy nobody likes that especially upperclassmen that could NOT go but wanted to

**DO** Always keep learning and accepting information from everyone even underclassmen

**DON'T** Act like you know everything and refuse any help from anyone especially Upperclassmen as Experience Trumps Everything

**All In all use common sense and act like a leader and not a Jackass**

## Sources

Grads of Leadership Academy 2021

c/CPO Efen "MoiMoi" Duenas

c/LCDR Angelique Ponce