

The Citadel Training Schedule



The Citadel Training Schedule: A Deep Dive into Cadet Life

Are you considering a career at The Citadel, the prestigious military college in Charleston, South Carolina? Or perhaps you're simply curious about the rigorous training regimen that shapes its cadets? This comprehensive guide delves into The Citadel training schedule, providing a detailed overview of the demanding yet rewarding experience that awaits prospective and current cadets. We'll explore the academic, military, and physical training aspects, offering insight into a typical day, week, and even semester at this unique institution.

Understanding the Rigor: A Unique Approach to Education

The Citadel's training schedule isn't just about academics; it's a holistic approach to developing well-rounded leaders. It blends a demanding military structure with a challenging academic curriculum, fostering discipline, resilience, and a strong sense of camaraderie. Unlike traditional colleges, the Citadel's schedule is intensely structured, demanding a high level of commitment and adaptability. This rigorous approach is intentionally designed to prepare cadets for future leadership roles in various fields.

The Daily Grind: A Breakdown of a Typical Day

A typical day at The Citadel begins early, often before sunrise, with physical training (PT). This isn't your average gym workout; it's a demanding regimen of calisthenics, running, and drills designed to build physical and mental fortitude. Following PT, cadets attend classes, which are rigorous and demanding, requiring significant time commitment for study and preparation. The afternoon might include military training, including drills, weapons training, or leadership development exercises. Evenings often involve study hall, extracurricular activities, or additional training sessions. Weekends frequently include more intense training exercises or community service initiatives.

A Closer Look at Physical Training (PT)

The Citadel's PT program is legendary for its intensity. It's designed to build not just physical strength but also mental resilience and teamwork. Activities vary, but expect a mix of running, calisthenics (push-ups, sit-ups, pull-ups), and various drills that emphasize precision and discipline. The intensity and specific exercises can vary based on the cadet's class year and specific training requirements. Cadets are constantly evaluated on their performance, encouraging continuous improvement and personal best.

The Academic Calendar: Balancing Books and Boots

The academic calendar at The Citadel follows a traditional semester system, with classes typically running from late August to early December and then resuming in January, concluding in late May. However, unlike many colleges, the academic workload is interwoven with the military training schedule. Deadlines and exams are integrated into the overall training calendar, requiring cadets to manage their time effectively and prioritize tasks amidst a demanding routine.

Military Training: Developing Leadership and Discipline

Military training is a cornerstone of The Citadel experience. This extends far beyond basic drills and includes leadership development programs, weapons training, and participation in various military exercises and simulations. Cadets progressively take on more leadership roles as they advance through their years, fostering skills crucial for future success. This immersive approach to military training aims to create well-rounded leaders capable of adapting to various challenging situations.

The Importance of Extracurricular Activities

Despite the rigorous schedule, The Citadel encourages cadets to participate in extracurricular activities. These activities provide opportunities for personal growth, skill development, and building camaraderie outside the structured training environment. These range from athletic teams and clubs to volunteer work and community service initiatives. These extracurricular involvements offer a valuable counterpoint to the intense training schedule, promoting a well-rounded development.

The Evolution of the Schedule: Year-by-Year Progression

The training schedule isn't static; it evolves as cadets progress through their four years. First-year cadets (known as knobs) experience the most rigorous introduction, with a focus on fundamental military training and establishing discipline. As cadets advance through their classes, their responsibilities and leadership roles increase, leading to more complex training exercises and greater autonomy. The senior year brings significant leadership opportunities and preparation for graduation and their future careers.

Beyond the Schedule: The Citadel Experience

The Citadel training schedule is undeniably demanding, but it's designed to forge strong, resilient leaders. The structure provides a foundation of discipline, teamwork, and leadership skills that are highly valuable in various professions. While the schedule itself is rigorous, the rewards – both personal and professional – are substantial for those who persevere. The enduring camaraderie, strong sense of community, and the valuable life skills acquired make The Citadel experience truly unique.

Conclusion:

The Citadel's training schedule is a rigorous and demanding yet ultimately rewarding journey. It's an experience that shapes character, fosters leadership skills, and prepares cadets for future success in a variety of fields. This detailed overview should provide a clearer understanding of what to expect from this unique institution.

FAQs:

1. Is the training schedule the same for all cadets? While the core elements are consistent, the intensity and specific tasks vary based on class year and individual training programs.
2. Can cadets have free time? While time is structured, cadets do have some free time for studying, extracurricular activities, and personal pursuits.
3. What happens if a cadet falls behind in training? Support systems are in place to assist cadets, but consistent effort and adherence to the schedule are expected.
4. How does the academic curriculum integrate with the military training? The curriculum and training are carefully integrated to ensure balance and development of both academic and military skills.
5. What kind of support is available for cadets struggling with the demands of the schedule? The Citadel offers various support services, including academic advising, counseling, and peer mentoring, to assist cadets in navigating the challenging schedule.

the citadel training schedule: In the Company of Men Nancy Mace, Mary Jane Ross, 2002-09 Discusses Mace's life as the first of two female graduates of the Citadel.

the citadel training schedule: The Lords of Discipline Pat Conroy, 2022-12-20 "The Lords of Discipline is, simply, an American classic." -- Larry King The Lords of Discipline is a novel about coming of age, brotherhood, betrayal, and a man's forging of his own personal code of honor. Will McLean, a senior on the cadets' honor court, is an outsider by nature: a basketball star at a school that prizes military prowess above athletics, a military man in training who dares to question the escalating Vietnam war. And yet his greatest struggle will be with the corrupt institution of which he is a part. Rich in humor and suspense, abounding in a rare honesty and generosity of feeling, this novel established Pat Conroy as one of the strongest fictional voices in a generation. "A work of enormous power, passion, humor, and wisdom." - Washington Star "God preserve Pat Conroy." - Boston Globe

the citadel training schedule: Federal Maritime Training Program... United States. Congress. House. Merchant Marine and Fisheries, 1954

the citadel training schedule: The Citadel (Classic Reprint) Archibald Joseph Cronin, 2017-01-06 Excerpt from The Citadel Andrew descended. The next minute, while he was gathering himself for the ordeal of his entrance, the front door was ung open and he was in the lighted hall being welcomed effusively by a short, plump, smiling woman of about forty with a shining face and bright bold twinkling eyes. About the Publisher Forgotten Books publishes hundreds of thousands of rare and classic books. Find more at www.forgottenbooks.com This book is a reproduction of an important historical work. Forgotten Books uses state-of-the-art technology to digitally reconstruct the work, preserving the original format whilst repairing imperfections present in the aged copy. In rare cases, an imperfection in the original, such as a blemish or missing page, may be replicated in our edition. We do, however, repair the vast majority of imperfections successfully; any imperfections that remain are intentionally left to preserve the state of such historical works.

the citadel training schedule: Marching in Step Alexander Macaulay, 2011-03-01 Combining the nuanced perspective of an insider with the critical distance of a historian, Alexander Macaulay examines The Citadel's reactions to major shifts in postwar life, from the rise of the counterculture to the demise of the Cold War. The Citadel is widely considered one of the most traditional institutions in America and a bastion of southern conservatism. In *Marching in Step* Macaulay argues that The Citadel has actually experienced many changes since World War II—changes that often tell us as much about the United States as about the American South. Macaulay explores how The Citadel was often an undiluted showcase for national debates over who deserved full recognition as a citizen—most famously first for black men and later for women. As the boundaries regarding race, gender, and citizenship were drawn and redrawn, Macaulay says, attitudes at The Citadel reflected rather than stood apart from those of mainstream America. In this study of an iconic American institution, Macaulay also raises questions over issues of southern distinctiveness and sheds light on the South's real and imagined relationship with the rest of America.

the citadel training schedule: Federal Maritime Training Program United States. Congress. House. Committee on Merchant Marine and Fisheries, 1954

the citadel training schedule: Army Specialized Training Program United States. Congress. Senate. Committee on Military Affairs, 1943

the citadel training schedule: *Long Gray Lines* Rod Andrew, Jr., 2004-02-01 The author, a former teacher at the Citadel, looks at the various schools such as The Citadel, Texas A & M, Auburn, Clemson, Virginia Military Institute (VMI), and Virginia Polytechnic Institute.

the citadel training schedule: Marine Maxims Thomas J Gordon, 2021-11-10 *Marine Maxims* is a collection of fifty principle-based leadership lessons that Thomas J. Gordon acquired commanding Marines over a career spanning three decades of service. Dealing with the complexities and challenges of the contemporary operating environment requires an internal moral compass fixed true. These maxims focus on developing inner citadels of character, moral courage, and the

resilience to persevere in a contested domain where information is key. Its purpose is to provide future leaders with a professional development plan that will steel their resolve and enable them to lead with honor. Thematically, these maxims build upon a foundation of character, courage, and will. To be effective, a leader must model and inspire the will to persevere in the face of danger or adversity. The essence of effective leadership is credibility. A leader's credibility is derived from a congruence of competence and character. Exceptional leaders are not remembered for what they accomplished, but how they did it. Those that lead with integrity will be remembered as a leader worth following.

the citadel training schedule: *Mastery* Robert Greene, 2013-10-29 From the bestselling author of *The 48 Laws of Power* and *The Laws of Human Nature*, a vital work revealing that the secret to mastery is already within you. Each one of us has within us the potential to be a Master. Learn the secrets of the field you have chosen, submit to a rigorous apprenticeship, absorb the hidden knowledge possessed by those with years of experience, surge past competitors to surpass them in brilliance, and explode established patterns from within. Study the behaviors of Albert Einstein, Charles Darwin, Leonardo da Vinci and the nine contemporary Masters interviewed for this book. The bestseller author of *The 48 Laws of Power*, *The Art of Seduction*, and *The 33 Strategies of War*, Robert Greene has spent a lifetime studying the laws of power. Now, he shares the secret path to greatness. With this seminal text as a guide, readers will learn how to unlock the passion within and become masters.

the citadel training schedule: *Universal military training* United States. Congress. Senate. Committee on Armed Services, 1948

the citadel training schedule: *The Boo* Pat Conroy, 2010-11-16 The #1 New York Times-bestselling author's story about life at the Citadel in the 1960s, a profound exploration of what it means to be a man of honor. Lt. Col. Nugent Courvoisie, known to the cadets as "the Boo," is an imposing and inspiring leader at the South Carolina military academy, the Citadel. A harsh disciplinarian but a compassionate mentor, he guides and inspires his young charges. Cadet Peter Cates is an anomaly. He is a gifted writer, a talented basketball player, and a good student, but his outward successes do little to impress his abusive father. The Boo takes Cates under his wing, but their bond is threatened when they're forced to confront an act of violence on campus. Drawn from Pat Conroy's own experiences as a student at the Citadel, *The Boo* is an unforgettable story about duty, loyalty, and standing up for what is right in the face of overwhelming circumstances.

the citadel training schedule: *The Other Face of Battle* Wayne E. Lee, Anthony E. Carlson, David L. Preston, David Silbey, 2021 Taking its title from *The Face of Battle*, John Keegan's canonical book on the nature of warfare, *The Other Face of Battle* illuminates the American experience of fighting in irregular and intercultural wars over the centuries. Sometimes known as forgotten wars, in part because they lacked triumphant clarity, they are the focus of the book. David Preston, David Silbey, and Anthony Carlson focus on, respectively, the Battle of Monongahela (1755), the Battle of Manila (1898), and the Battle of Makuan, Afghanistan (2020) - conflicts in which American soldiers were forced to engage in irregular warfare, confronting an enemy entirely alien to them. This enemy rejected the Western conventions of warfare and defined success and failure - victory and defeat - in entirely different ways. Symmetry of any kind is lost. Here was not ennobling engagement but atrocity, unanticipated insurgencies, and strategic stalemate. War is always hell. These wars, however, profoundly undermined any sense of purpose or proportion. Nightmarish and existentially bewildering, they nonetheless characterize how Americans have experienced combat and what its effects have been. They are therefore worth comparing for what they hold in common as well as what they reveal about our attitude toward war itself. *The Other Face of Battle* reminds us that irregular or asymmetrical warfare is now not the exception but the rule. Understanding its roots seems more crucial than ever.

the citadel training schedule: *Segregated Soldiers* Marcus S. Cox, 2013-05-13 In *Segregated Soldiers*, Marcus S. Cox investigates military training programs at historically black colleges and universities and demonstrates their importance to the struggle for civil rights. Examining African

Americans' attitudes toward service in the armed forces, Cox focuses on the ways in which black higher education and Reserve Officer Training Corps programs worked together to advance full citizenship rights for African Americans. Educators at black colleges supported military training as early as the late nineteenth century in hopes of improving the social, economic, and political state of black citizens. Their attitudes reflected the long-held belief of many African Americans who viewed military service as a path to equal rights. Cox begins his narrative in the decades following the Civil War, when the movement to educate blacks became an essential element in the effort to offer equality to all African Americans. ROTC training emerged as a fundamental component of black higher education, as African American educators encouraged military activities to promote discipline, upright behavior, and patriotism. These virtues, they believed, would hasten African Americans' quest for civil rights and social progress. Using Southern University—one of the largest African American institutions of higher learning during the post-World War II era—as a case study, Cox shows how blacks' interest in military training and service continued to rise steadily throughout the 1950s. Even in the 1960s and early 1970s, despite the growing unpopularity of the Vietnam War, the rise of black nationalism, and an expanding economy that offered African Americans enhanced economic opportunities, support for the military persisted among blacks because many believed that service in the armed forces represented the best way to advance themselves in a society in which racial discrimination flourished. Unlike recent scholarship on historically black colleges and universities, Cox's study moves beyond institutional histories to provide a detailed examination of broader social, political, and economic issues, and demonstrates why military training programs remained a vital part of the schools' missions.

the citadel training schedule: *Training in Necessity* J. Clevenger, 2018-03-11 Isaac Strong, Kelly Protean, Hector Hive and Jason Grim have all led very different lives. However, they each have two things in common, super powers and their recent admittance to the Citadel program. As members of the Citadel's newest class of recruits, they will be taught to utilize their powers, and their bodies, to their utter limits. The Citadel's mission is simple. Halt the world's slow slide into ruin. They each have a part to play, but will it be enough?

the citadel training schedule: Veterans' Education and Training Program in Private Schools United States. Congress. House. Veterans' Affairs Committee, 1948

the citadel training schedule: Universal Military Training Samuel Arthur Devan, Bernard Brodie, 1947

the citadel training schedule: FCC Record United States. Federal Communications Commission, 2016

the citadel training schedule: *Program Evaluation* United States. National Advisory Council on Extension and Continuing Education, 1975

the citadel training schedule: *Island Realm* Rebecca Moesta, Kevin J. Anderson, 2021-09-08 Teenage cousins are accidentally transported to a world of magic and peril in this YA steampunk fantasy from two New York Times–bestselling authors. Born only five hours apart, cousins Gwen and Vic have always been close. But when Vic's mother disappeared, and Gwen's parents died under mysterious circumstances, they needed each other more than ever. Now both fourteen years old, they're about to face yet another challenge together—when Vic's scientist father accidentally transports them through a magical doorway to the island of Elantya—a wonder-filled place of magic and steampunk technology. Vic and Gwen are soon caught in a tempest of ancient magic, bizarre gadgets, vicious creatures. But before they can return home, they must face fierce battles in a territorial feud with the sea-dwelling merlons, an age-old conflict between the bright and dark sages . . . and Gwen and Vic's own mysterious roots. “A charming young adult novel . . . promises to keep readers turning the pages for many books to come.” —Terry Brooks, The New York Times–bestselling author of *The Sword of Shannara*

the citadel training schedule: *The Citadel of Learning* James Bryant Conant, 2015-09-06 This work has been selected by scholars as being culturally important, and is part of the knowledge base of civilization as we know it. This work was reproduced from the original artifact, and remains as

true to the original work as possible. Therefore, you will see the original copyright references, library stamps (as most of these works have been housed in our most important libraries around the world), and other notations in the work. This work is in the public domain in the United States of America, and possibly other nations. Within the United States, you may freely copy and distribute this work, as no entity (individual or corporate) has a copyright on the body of the work. As a reproduction of a historical artifact, this work may contain missing or blurred pages, poor pictures, errant marks, etc. Scholars believe, and we concur, that this work is important enough to be preserved, reproduced, and made generally available to the public. We appreciate your support of the preservation process, and thank you for being an important part of keeping this knowledge alive and relevant.

the citadel training schedule: Leading Like the Swamp Fox Kevin Dougherty, Steven D. Smith, 2022-06-16 A riveting and applicable study of how Francis Marion delivered the leadership and strategy to defeat the British in the South Carolina lowcountry campaigns. Francis Marion is certainly the stuff of which legends are made. His nickname "The Swamp Fox," bestowed upon him by one of his fiercest enemies, captures his wily approach to battle. The embellishment of his exploits in Parson Weems' early biography make separation of fact from fiction difficult, but certainly represents the awe, loyalty, and attraction he produced in those around him. His legacy is enshrined in the fact that more places in the United States have been named after him than any other soldier of the American Revolution, with the sole exception of George Washington. Even today's U.S. Army Rangers include Marion as one of their formative heroes. Surely much about leadership can be learned from such an intriguing personality. Leading like the Swamp Fox: The Leadership Lessons of Francis Marion unlocks those lessons. Divided into three parts, the book first presents the historical background and context necessary to appreciate Marion's situation. The main body of the book then examines Marion's leadership across eight categories, with a number of vignettes demonstrating Marion's competency. The summary then captures some conclusions about how leadership impacted the American Revolution in the South Carolina Lowcountry. An appendix provides some information about how the reader might explore those physical reminders of Marion and his exploits that exist today. Readers interested in history or leadership, or both, will all find something for them in Leading like the Swamp Fox.

the citadel training schedule: Armor , 1980 The magazine of mobile warfare.

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the citadel training schedule: Reserve Officers' Training Corps Program United States. Congress. House. Committee on Armed Services, 1963 Committee Serial No. 33. Discusses usefulness of Junior ROTC program and considers legislation extending Junior and Senior ROTC programs. Includes Army report Directory of Army Reserve Officers Training Corps Units and National Defense Cadet Corps Units, School Year 1962-63, Feb. 1963 (p. 6763-6823)

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the citadel training schedule: Education for Victory Olga Anna Jones, 1944

the citadel training schedule: Code of Federal Regulations , 1979

the citadel training schedule: Army Logistician , 1991 The official magazine of United States Army logistics.

the citadel training schedule: Education for Victory , 1942

the citadel training schedule: Crystal Doors #1 Kevin J. Anderson, Rebecca Moesta, 2009-10-31 This first novel in a new trilogy finds 14-year-old cousins Gwen and Vic accidentally transported through a magical crystal door to the island Elantya. They are soon caught in a tempest of ancient magic and fierce battles all connected to ancient feuds and the cousins' own mysterious roots.

the citadel training schedule: The Way of Duty, Honor, Country Charles Summerall, 2010-10-29 After graduating from West Point in 1892, Charles Pelot Summerall (1867-1955) launched a distinguished military career, fighting Filipino insurgents in 1899 and Boxers in China in 1900. His remarkable service included brigade, division, and corps commands in World War I; duty as chief of staff of the U.S. Army from 1926 to 1930; and presidency of the Citadel for twenty years, where he was instrumental in establishing the school's national reputation. Previously available only in the Citadel's archives, Summerall's memoir offers an eyewitness account of a formative period in U.S. Army history. Edited and annotated by Timothy K. Nenninger, the memoir documents critical moments in American military history and details Summerall's personal life, from his impoverished childhood in Florida to his retirement from the Citadel in 1953. From the perspective of both a soldier and a general, Summerall describes how the very nature of war changed irrevocably during his lifetime.

the citadel training schedule: Long Range Patrol Dennis Foley, 2014-03-25 A searing novel of the war in Vietnam as seen through the eyes of a daring Long Range Patrol platoon leader Young and eager to prove himself, Ranger Lieutenant Jim Hollister leads his six-man reconnaissance team on risky missions deep into enemy territory. The special volunteers who make up Long Range Patrols are tasked with setting up ambushes and conducting dangerous night patrols, helicopter insertions behind enemy lines, and fire support in the hottest of fights. Enriched with a memorable cast of characters and thrilling details that only a Vietnam veteran could capture, Long Range Patrol is a powerhouse tale of a band of heroes fighting to keep their brothers alive.

the citadel training schedule: The Jim Hollister Trilogy Dennis Foley, 2017-09-05 From the author of *A Requiem for Crows*: A searing trilogy of the Vietnam War as seen through the eyes of a gutsy Long Range Patrol platoon leader. Enriched with a memorable cast of characters and details that only a Vietnam veteran could capture, the Jim Hollister Trilogy is a thrilling tribute to the courage and selfless dedication of the Army Rangers in Vietnam—and the profound costs of war. *Long Range Patrol*: Young and eager to prove himself, Ranger Lt. Jim Hollister leads his six-man reconnaissance team on risky missions, deep into enemy territory. The special volunteers who make up Long Range Patrols are tasked with setting up ambushes and conducting perilous night patrols, helicopter insertions, and fire support in the hottest of fights. No matter the danger, Hollister's band of heroes will do anything to keep their brothers alive. "There are few novels about Vietnam, or any other war for that matter, that you can hand to someone and say, this is the way it was, this is what we were. Dennis Foley has written such a book" (Chris Bunch and Allan Cole, authors of *A Reckoning for Kings*). *Night Work*: Back home in America, Capt. Jim Hollister often wakes up in the middle of the night in the grip of terrifying nightmares. But nothing—not even his long-suffering fiancée, Susan—can stop him from going back to Vietnam to serve his country. This time around, Hollister serves as operations officer for Juliet Company, a Ranger squad tasked with finding and eliminating Viet Cong forces slipping across the Cambodian border. *Take Back the Night*: In the increasingly divided Juliet Company, racial tensions are running high and morale is at an all-time low. New commander Captain Hollister's first order of business is to bring his company back to fighting shape. To survive hot LZs, sleepless nights, and a tireless enemy, the Rangers have to train hard and fight harder. As the US begins its withdrawal, Juliet Company is entrusted with gathering critical intelligence needed to save American lives. But the biggest threat to Hollister's men might just be from the chain of command.

the citadel training schedule: Linking with Employers David J. Kalamas, 1987

the citadel training schedule: For Girls Only Janice Streitmatter, 1999-01-01 Current research on the progress of female students in U.S. public schools suggests that efforts have not sufficiently addressed concerns such as academic under-achievement in the areas of math and science, lower self-esteem from the advent of early adolescence, and vulnerability to sexual harassment. Despite Title IX, some educators have turned to the creation of single-sex classes and programs for female students in order to better address these critical issues.

the citadel training schedule: A Soldier's Sketchbook Joseph Farris, 2011 New Yorker

cartoonist and painter Joseph Farris chronicles his experience in World War II through letters and sketches that he wrote at the time. The letters, some of which are reproduced as facsimiles, are illustrated with photographs, artifacts, and other archival documents as well as newly commissioned maps. The voice of the 20-something narrator in the letters is balanced with the voice of the man today, who interweaves his own commentary into the book to explain gaps in the correspondence. All told, the book is a rich and poignant glimpse at the experience of one man's journey through the European theater of war--

the citadel training schedule: *Women in Higher Education* Ana M. Martinez Aleman, Kristen A. Renn, 2002-12-13 The only comprehensive encyclopedia on the subject of women in higher education. America's first wave of feminists—Susan B. Anthony, Elizabeth Cady Stanton, and others—included expanded opportunities for higher education in their Declaration of Sentiments at the first Women's Rights Convention in Seneca Falls, New York, in 1848. By then, the first American institutions to educate women had been founded, among them, Mt. Holyoke Seminary, in 1837. However, not until after the Civil War did most universities admit women—and not for egalitarian purposes. War casualties had caused a drop in enrollment and the states needed teachers. Women students paid tuition, but, as teachers, were paid salaries half that of men. By the late 20th century, there were more female than male students of higher education, but women remained underrepresented at the higher levels of educational leadership and training. This volume covers everything from historical and cultural context and gender theory to women in the curriculum and as faculty and administrators.

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The Citadel sits on 300 acres with 27 buildings grouped around a 10-acre parade ground. The buildings are a Romanesque style of architecture with the use of arches and courtyards to replicate the old campus.

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Feb 18, 2025 · CHARLESTON, S.C. -- The Citadel football program officially released the complete 2025 offseason practice schedule Tuesday afternoon, slating 14 training sessions between Friday, Feb. 21 and Thursday, April 3 before culminating the sequence with the annual Spring Game on Saturday, April 5 at Johnson Hagood Stadium, kickoff set for 1 p.m. ET.

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Forecast and sync with Cadet / School schedule. What is working? Continuously assess.

Military Policies - The Citadel, The Military College of South ...

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