



DEPARTMENT OF THE NAVY
COMMANDANT OF MIDSHIPMEN
UNITED STATES NAVAL ACADEMY
101 BUCHANAN ROAD
ANNAPOLIS, MARYLAND 21402-5101

COMDTMIDNINST 1531.1B
ODEV
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COMDTMIDN INSTRUCTION 1531.1B

Subj: SATURDAY MORNING TRAINING (SMT) PROGRAM

Encl: (1) List of Standard Training Topics
(2) List of Possible Training Evolutions

1. Purpose. To outline objectives, responsibilities, and processes for planning and execution of Saturday Morning Training within the Brigade of Midshipmen.
2. Cancellation. COMDTMIDNINST 1531.1A, SMT Program.
3. Jurisdiction. This instruction regulates all Midshipmen-led Saturday Morning Training. Other evolutions on Saturday morning may take priority over Midshipmen training, such as athletic practice and contests, official briefs, and training as directed by the Superintendent, Academic Dean, or Commandant of Midshipmen.
4. Enforcement/Training Critique. The Training Officer will oversee the planning, execution, and approval of SMT to meet the objectives stated below. The Deputy Commandant holds Saturday Morning Training approval authority. All Saturday Morning Training will be monitored by the senior person present (i.e. Senior Midshipmen, Company Officer, or Senior Enlisted). A Saturday Morning Training critique sheet and muster sheet will be submitted by the senior individual involved with the training through the chain of command to the Battalion Officer by COB the Wednesday following training.
5. Intent. Saturday Morning Training is a continuation of leadership education, training, growth, and development intended to develop Midshipmen in the following ways:
 - a. To provide an opportunity for the First Class to develop, plan, and lead their peers and for the First and Second Classes to lead their subordinates in military training evolutions. It provides the opportunity for Third Class to both mentor and assist Plebes (learning leadership and followership), and be trained with the Fourth Class. SMT allows Fourth Class to continue to learn and develop alongside their classmates.

b. To reinforce our identity as professional military officers by gaining experience and expertise as we strive to be

Leaders of Character

Who are prepared and educated to serve as
Warriors

**Standard Bearers of the Naval Profession and
Servants of the Nation.**

c. To build company cohesion and esprit de corps through mutually intellectual, challenging, and competitive activities that demand teamwork between all classes. SMT is fundamentally positive, professional training that enhances the professional development of Midshipmen through instruction and example.

d. To require that those responsible for planning and conducting training produce training that is useful and valuable for their peers and subordinates.

e. To require that those responsible for conducting training manage the safety of subordinates through the development of Operational Risk Assessments (ORA) and the proper and safe execution of the training.

f. To take advantage of opportunities and resources inherent to the institution, as well as the expertise resident in officers, senior enlisted leaders, and staff and faculty members.

g. To provide companies the training time to meet their specific training goals and contribute to mission accomplishment at the United States Naval Academy.

6. Goals. The goal of Saturday Morning Training is to provide an opportunity for all classes to gain confidence in their leadership capabilities. More specifically, the goals for each class are outlined as follows:

a. The First Class shall be responsible for overall supervision, control, and safety of the training evolutions. Each lesson must be effective, thoroughly completed, and safe. The Midshipmen First Class will manage attendance, ensuring that all required participants attend and properly contribute to SMT. The First Class are also expected to share expertise and lessons learned from USNA, Midshipmen Cruises, and leadership experiences.

b. The Second Class shall help implement scheduled training and reinforce professional knowledge from the Professional Manual for all classes. They will provide the direction and motivation for the training.

c. The Third Class shall gain experience in leading and motivating subordinates. They should assist in implementing the planned training and be able to instruct and give guidance to the Fourth Class in order to work on mentorship and learning how to help the Fourth Class while maintaining professional relationships.

d. The Fourth Class shall develop their professional knowledge and core competencies, enabling them to excel as leaders in the future. Training should be designed to make them more effective and intelligent representatives of the Naval Academy.

7. Training Objectives. The principle objectives for SMT encompass the moral, mental, and physical development of Midshipmen into Leaders of Character, with the ability to influence people by providing ethical purpose, direction, and motivation.

a. Leader of Character. Midshipmen should understand that *virtues are a firmly established characteristic of each individual.* The aggregate of all those virtues will constitute a person's character and that this character is revealed daily in the choices made by the individual.

b. Standard Bearer of the Naval Profession. In addition to accomplishing the goals of Plebe Year in developing a mastery of required professional knowledge, demonstrating effective time management, and maintaining high uniform and room standards, the ultimate goal is to create knowledgeable, competent, and confident future officers. Training will develop the skills, knowledge, and abilities required of officers and to imbue them with a deeper understanding of the meaning of their Commission as officers in the Naval Service and the meaning of the Naval Service core values. Midshipmen must be inspired to their role as Naval Officers and understanding the importance, uniqueness, and challenges of bearing the standard of the Naval profession.

c. Servant of the Nation. Training will focus on how to be a public figure and servant of society. The goal is to ensure that Midshipmen understand the importance of their role as a Naval Officer in serving American Society, and the need to achieve a higher standard as gentlemen and ladies. Another goal is citizenship exposure, to invigorate pride in national heritage, naval heritage and U.S. Naval Academy traditions.

d. Warrior. Training will focus on reinforcing the three critical actions of the warrior-leader during stressful conditions: decide, communicate, and execute. Training will create an officer capable of operating in, and withstanding, the demands of leading Sailors and Marines in crises. A key component is developing Midshipmen physically (to condition the body to enhance the ability of the mind), as well as to cope with the weight of the responsibility of leadership, and foster a sense of unit cohesion and teamwork within the group. Officers must be warriors, ready to fight and win, and committed to the process of continual personal and professional development.

8. Training Topics and Evolutions

a. Standard Training Topics. As listed in enclosure (1), standard training topics have been developed for execution by companies throughout the Brigade. The Midshipmen will be responsible for ensuring a quality spread is planned to meet the training objectives. Enclosure (2) lists possible training evolutions, representing a training menu from which companies may choose to execute SMT. This list is not all inclusive. Each evolution has an associated training plan and Operational Risk Assessment, which will be accessible on the training webpage at <http://intranet.usna.edu/Training/>.

(1) Training directed by the Superintendent or Commandant of Midshipman will supersede scheduled company or battalion level training. The Sexual Harassment and Assault Prevention Education (SHAPE) program has been scheduled as part of SMT. SHAPE training will be scheduled through the Brigade Training Officer and conducted by the SHAPE Midshipmen Peer Educators during the SMT period. Company Officers are responsible for ensuring that their company's SMT plans allow for attendance at mandatory or scheduled events. The following outlines the priority of training events during the SMT period:

(a) Training as directed by the Superintendent or Commandant of Midshipmen.

(b) SHAPE training.

(c) Training conducted by SEANAV or Sailing.

(d) Training scheduled for use of limited resources (E-Course, O-Course, TAC, pool).

(e) Company-Created Evolutions.

(2) For logistical reasons and to ensure equitability of limited resources, the MacDonough Instructional Pool, Endurance Course, Obstacle Course, Tarzan Assault Course (TAC), and community service events are scheduled by the Brigade Training Officer.

(a) The Brigade Training Officer is responsible for creating a Training Matrix. The Training Matrix will list all Saturdays that training will take place and list all prescheduled training evolutions and training topics for each company. Each Battalion Officer has approval authority for their respective Battalion Training Matrix and will forward the approved Matrix and semester SMT plans to the Brigade Training Officer for consolidation and deconfliction.

(b) Companies are required to attend pre-scheduled training evolutions.

(c) Requests to change dates of events on the Training Matrix will be approved by the Training Officer.

b. Company-Created Evolutions. Companies may create their own evolutions.

(1) Company Training Officers are responsible for arranging support (for example, use of facilities, requests for funding, requests for transportation, etc.) when planning new evolutions. The Brigade Training staff will provide assistance with this planning.

(2) Company created evolutions must support objectives and goals of SMT and be aligned with the training topic assigned. The Battalion Officer retains approval authority for all company created evolutions within the Battalion.

c. Movement Orders. Any event that occurs off the Naval Academy or Naval Station Annapolis (with the exception of a "Monument Run") requires an approved Movement Order. Movement Orders will be prepared per COMDTMIDNINST 4653.1H (Movement Orders and Excusal Lists). Additionally any event which requires transportation funds must be approved through the Battalion Officer and submitted to the Training Officer 14 days in advance.

9. Action

a. All Company Commanders, Company Officers, and Senior Enlisted Leaders shall remain informed of and involved with all SMT evolutions.

b. The Brigade Training Officer shall ensure that each company conducts proper planning, executes Operational Risk Assessments, and satisfies all training objectives.

c. SMT will take place every Saturday between the hours of 0700-1200, unless superseded by events so designated by the Superintendent, Academic Dean, or Commandant of Midshipmen. More than one evolution may be conducted during this given time frame. (For example, a company could do a seminar for half an hour and then do sailing for an hour and a half.) Companies must provide at a minimum thirty minutes for the Fourth Class to eat breakfast.

d. Company Training Officers are required to prepare a SMT proposal and ORA (when applicable) for each evolution. ORAs are required for all standard evolutions, any evolution taking place off the Yard, or any evolution involving physical training. Training proposals will include the following information: overview of training being conducted, movement order number and printout of Midshipmen on the movement order (if applicable), detailed timeline of events to take place, scheduled time for breakfast, list of Midshipmen in charge of the training, and any non-Midshipmen participation/supervision.

(1) Company Training Officers shall submit proposed training plans and ORAs to their Company Officer (signature required) via their Company Commander and Senior Enlisted Leader on a monthly basis. All training plans and ORAs for the upcoming month shall be submitted 12 days prior to the first SMT of the following month.

(2) After approval by the Company Officer, Company Training Officers will forward SMT proposals to their Battalion Training Officers.

(3) Battalion Training Officers shall review and forward SMT proposals from their companies to their Battalion Officer NLT 10 days prior to the first SMT of the following month. Battalion Officers hold approval authority for each company in their respective battalions.

(4) After approval by the Battalion Officer, Battalion Training Officers shall forward a copy of each semester training proposal and completed ORA to the Brigade Training Officer for consolidation and matrix deconfliction.

(5) The Brigade Training Officers shall review all proposals and ORAs and forward them with a comprehensive list of all SMT proposals to the Training Officer for submission to the Deputy Commandant of Midshipmen.

(6) A separate set of deadlines will apply to the Week 1 and 2 SMT Training Plans in order to begin the SMT in a timely manner. Those deadlines will be provided SEPCOR.

(7) Company Training Officers are responsible for submitting a weekly status report, signed by their respective Company Officer or SEL, to the Battalion Training Officers NLT the Tuesday prior to training.

(8) If planned SMTs are scheduled to leave the Yard, an additional status report is required NLT two weeks prior to training. Company Training officers will ensure proper planning and coordination are completed in a timely manner.

(9) Battalion Training Officers shall be responsible for briefing their respective Company Commanders and Battalion Commanders on all SMT evolutions occurring each week within their battalion NLT 1600 on Wednesday prior to the training.

This brief should include a review of the upcoming event and a review of ORA. The Brigade Training Officer will provide weekly SMT program status reports to the Deputy Commandant as directed.

10. Safety

a. Safety is paramount and safety considerations override all other training considerations during SMT. Throughout the execution of SMT, unit trainers and unit commanders shall maintain a safety mentality that prevents personnel injury and material damage.

b. Each company is responsible for having two or more cellular phones available for use at training sites off the Yard and one cell phone for sites on the Yard.

c. Issued traffic safety vests will be used at all times when company formations move to and from a training location both on and off the Yard.

d. A Corpsman is required to remain on-scene for the duration of any Pugil Stick training or those standard training evolutions conducted at the Naval Station (for example, TAC, O-Course, and E-Course). Requests for on-scene Corpsman support will be made through the Brigade Training Officer NLT two weeks in advance of the training.

e. For evolutions not requiring an on-scene Corpsman, emergency response will be initiated by dialing USNA's emergency number (410-293-3333) or 911. The Officer of the Watch will be notified immediately thereafter.

11. Participation

a. Battalion Officers shall determine the attendance requirements for their respective battalions. Attendance records shall be maintained for review and consideration when assigning military performance grades. At a minimum, attendance requirements will include the following:

(1) All Midshipmen 2/C, 3/C and 4/C not on an approved Movement Order or on medical chit which limits their participation in training events are required to attend Saturday Morning Training. Exemptions for attendance to SMT will be in accordance with COMDTMIDNOTE 1710.

(2) All Midshipmen 1/C, Midshipmen 2/C, and Midshipmen 3/C are required to attend SMT on duty weekends.

b. Company Training Officers are responsible for ensuring that every member of their company is aware of their SMT participation requirement. They are also responsible for tracking attendance and forwarding names of those who do not meet their requirements to the Company Officer, Company Senior Enlisted, Company Commander, and Company Conduct Officer. Midshipmen absent from required training will be held accountable in accordance with COMDTMIDNINST 1610.2C.

12. Excusals

a. Any excusal from SMT must be in accordance with COMDTMIDNOTE 1710.



MARGARET D. KLEIN

Distribution:
C-1 (Electronically)

List of Standard Training Topics

The Midshipman Company Training Officers will be assigned the following topics during the semester. The specific event will be created by the Company Training Officer and approved through the Chain of Command, ultimately reviewed and approved by the Deputy Commandant of Midshipmen. The specific schedules will be provided sepcor to the companies. Company Training officers shall ensure a quality spread is scheduled among training topics.

TRAINING TOPICS:

LC= LEADER OF CHARACTER*

WA= WARRIOR TRAINING

SN= SERVANT OF THE NATION TRAINING

SBNP= STANDARD BEARER OF THE NAVAL PROFESSION TRAINING

1. WA- Endurance Course, Obstacle Course, or Pool
2. WA-
3. WA-
4. SN- Community Service**
5. SN
6. SN
7. SBNP
8. SBNP
9. SBNP
10. LC/SN/SBNP/WA (CHOOSE ONE)
11. LC/SN/SBNP/WA (CHOOSE ONE)

* LEADER OF CHARACTER will be stressed during all Training Evolutions.

** The Community Service event will be determined by the date assigned, and the midshipmen will be coordinating with the MAG office.

List of Possible Training Evolutions*

*This list is not all inclusive. Midshipmen are encouraged to visit <http://intranet.usna.Training> to find examples of SMT evolutions.

LEADER OF CHARACTER (LC)

1. SHAPE Training
2. Honor Education Training - coordinated through Honor Ed
3. Civility Training - coordinated through Social Director
4. Holocaust Museum Workshop - coordinated through Char Dev
5. Low Ropes Course - with qualified facilitator only
6. Professional Movie -coordinated through the Ethics Center

WARRIOR TRAINING (WA)

1. Endurance Course
2. Obstacle Course
3. Pool Activity
4. Tarzan Assault Course - with qualified instructor
5. Climbing Wall
6. Bear Pit
7. Martial Arts Training
8. Circuit PT
9. Paintball
10. USMC PFT
11. Pugil Sticks - with qualified facilitator
12. Triathlon
13. Endurance Hike

SERVANT OF THE NATION (SN)

1. Community Service Activity (MAG)
2. Civility Training
3. Historical Orientation
4. Public Speaking Exercise
5. Monument Run
6. POW/MIA Lecture
7. Hospital visit to wounded soldiers

STANDARD BEARER OF THE NAVAL PROFESSION (SBNP)

1. YP Ship Driving and Navigation Training
2. Sailing
3. Professional Speaker
4. Professional Topic Event (Land Nav, Squad tactics, Paintball, DC training etc)
5. Pro-Review

STANDARD BEARER OF THE NAVAL PROFESSION (SBNP)- continued

6. Rules of Engagement Lecture - with qualified JAG
7. Land Navigation/Orienting
8. Damage Control Training
9. Zone Inspections
10. Familiarization Briefs
 - a. Dolphin Club Submarine Brief
 - b. Naval Academy Aviation Society Brief
 - c. Surface Navy Association Brief
 - d. Warfare Community Brief (given by warfare qualified officer assigned to USNA)
 - d. Semper Fi Brief
11. Rifle/Pistol Shooting
12. Pro-speaker on how to counsel
13. Seminar of Pro-speakers on life in each Naval Warfare Community.
14. Video Teleconference with deployed forces