



IN REPLY REFER TO

30 Aug 2020

From: Executive Director, United States Marine Youth foundation, Inc

To: All Northeast Regional High School Physical Fitness Teams

Subj: NORTHEAST REGIONAL MARINE CORPS PHYSICAL FITNESS (YPF)
CHAMPION MEET LETTER OF INSTRUCTION (LOI)

Ref: (a) United States Youth Foundation Program Booklet, 8th Revised Edition dtd 2019

Encl: (2) ~~Parental Informed Consent and Liability Waiver/Release Agreement~~

1. **Situation**

a. **Purpose.** This letter of Instruction (LOI) provides information and administrative Instructions for the 2020 Northeast Regional YPF Meet to be held at Admiral Halsey Health & Public Safety Academy on 4 April 2020.

b. **Background.** For many years, High school's have participated in the annual YPF competition sponsored by the United States Marine Youth Foundation, Inc.

2. **Mission.** To hold a Northeast Regional YPF meet that will determine Northeast Regional Champion (Male and Female).

3. **Execution**

(a) **Coaches' Intent.**

(1) The end state is to conduct a highly competitive meet that will determine the best Northeast Regional school.

(2) **Concept of Operations.**

(1) By COB 31 January 2020, schools desiring to participate will register their teams with the school. Registration simply consists of E-mailing Colonel Golden and Master Sergeant Gerald the name of your school and which gender team (s) from your school will be participating and how many individuals are on each team. Again, only one male and one female team from each school with the total number of teams capped at 20 male and 20 female teams.

(2) Teams are responsible for their own transportation and lodging to and from these Competitions. For planning purposes Halsey is located approximately 10 minutes from Newark Airport and 20 minutes off Interstate 95 Exit 13.

(3) The meet will start promptly at 0900 on 4 April. There will be a judges/counters meeting at 0745 followed by a coaches meeting at 0830. The order that teams will compete will be based on a random draw.

(4) Teams consist of five or six members, scoring is based on the top five scores for each team.

(5) As with the National meet, execution and scoring of the events will be IAW the reference. Please note there will be no adjustment of scores for age or sex. Only the "Full" Exercise illustrated in the reference are authorized, no modifications are permitted. The scoring sheet used (National Youth Physical Fitness program and National High School Physical Fitness Program Scoring Chart) can be found on page 20 of the reference.

(6) The five events are to be conducted in the following sequence:

- (a) Crunches: conducted on standard wrestling or cheerleading style mats.
- (b) Pushups: conducted on hardwood gym floor.
- (c) Standing Broad Jump: conducted on hardwood gym floor.
- (d) Pull-ups: conducted on pull-up bars. Chalk will be provided.
- (e) 300-yard shuttle run: conducted on hardwood gym floor: 5 lengths of 60 yards.

(7) All participants will receive a U.S. Marines Youth Foundation (MYF) certificate of completion.

(8) Competition events: rules and guidelines are published in the reference at www.usmarinesyouthfoundation.org.

(3) Tasks

(1) Northeast Regional Coaches.

(a) Register your team(s) with Colonel Golden and Master Sergeant Gerald NLT COB 31 January 2020.

(b) Ensure participating are enrolled in your High school for the 2019-2020 school year. Ensure students are physically cleared to participate in the meet.

(c) Familiarize yourself with and train your team (s) to the standards set forth in the reference.

(d) Arrive at Halsey in time to participate in the 0830 coach's meeting. At the Coaches meeting turn in a completed Parental informed Consent and Hold Harmless/Release Agreement on each of your team members. See enclosure (1)

(f) You are responsible for any transportation, food and lodging costs associated with this trip along with the conduct of your teams before and after the meet.

(g) Encourage your athletes wear spandex shorts under their PT shorts.

(2) Halsey Instructors

(a) Coordinate with your school administration and facilities personnel to arrange for the use of all required venues and equipment.

(b) Arrange for the proper number of judges/counters needed to efficiently run the meet. Provide a copy of the applicable portions of the reference to the judges/counters prior to the meet and discuss all standards with them at the 0745 judge/counters meeting.

(c) Conduct the meet IAW the reference and this LOI.

4. Administration and Logistics

a. Administration:

(1) Instructors are responsible to turn in a completed Parental Informed Consent and Hold Harmless/Release Agreement on each team member prior to the start of the meet.

(2) Halsey MCJROTC Instructors will provide all necessary forms needed to properly conduct the meet.

b. Logistics

(1) See enclosure (2) for a listing of local hotels.

(2) Halsey Health & Public Safety Academy is located at 641 South Street, Elizabeth NJ 07202. All vehicles are to park in the parking lot attached to the school. Guides will be provided to lead teams to the gym.

(3) Water will be provided at various locations throughout the venue.

5. Command and Signal. Point of contacts for this meet are Thomas W. Hazlett (Tw haz@comcast.net) (717) 420-0623 Colonel R. G. Golden III (GoldenCo@epsnj.org) (908) 436-6616 or Master Sergeant R. L. Geraldts (Geraldtsro@epsnj.org) (908) 436-6624.

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