



# ALLECA

## DEPARTMENT OF ARIZONA AMERICAN LEGION LAW ENFORCEMENT CAREER ACADEMY CADET APPLICATION PACKET

(June 28, 2021 LAST UPDATED)



### School Physical Fitness Standards Verification Form

School PE Coach or JROTC Instructor,

Your student has applied to attend the American Legion Law Enforcement Career Academy (ALLECA) program to be held **JUNE 11 to JUNE 18, 2022**. As such, we are requiring each applicant to submit a verification form to their school PE Coach for verification of their current physical fitness status. This program requires that each applicant currently be able to meet or exceed the following physical fitness standards.

This is a law enforcement/military program geared toward youth between the ages of 11 to 19 years old and the applicant will remain on-site at the academy for an entire week. Each applicant is required to attend daily physical fitness exercises and needs to be able to run 1.5 miles under 18 minutes and complete the number of Pushups and Sit-ups prescribed by the age category within one minute each. This program is physically demanding with physical training each day, to include running, push-ups, sit-ups, and calisthenics. The applicant will be assessed upon arriving at the Academy with the 1.5-mile run, push-ups, and sit-ups. The applicant will be expected to meet the minimum standards on the day 1 assessment. There will be a physical fitness challenge at the end of the week.

Your signature on this form will guarantee the information provided above is true and accurate, and you fully recommend this student to attend the ALLECA program.

\_\_\_\_\_

Student Name

\_\_\_\_\_

School Name

\_\_\_\_\_

School Coach/Physical Education/JROTC Instructor

\_\_\_\_\_

Signature / Date

#### Physical Fitness Age Breakdown Sheet

Ages 11 & 12:	15 Push-ups and Sit-ups within one minute
Ages 13 & 14:	17 Push-ups and Sit-ups within one minute
Ages 15 & 16:	19 Push-ups and Sit-ups within one minute
Ages 17 & 19:	21 Push-ups and Sit-ups within one minute

The number of push-ups and sit-ups is age specific, and the prospective Cadet must be able to perform the minimum or exceed the standard for the age category. The resting position for the push-up test is in the down position and not touching the ground. The arms must fully extend, and the back must remain straight during the push-ups. A spotter will need to make a fist on the ground and the sternum of the chest must touch the fist to count as one repetition.

The push-up test begins in the up position.

The resting position for the sit-up is in the up position, the elbows must touch or surpass the knees, and the hands can either be inter-locked behind the head or the fingers must always remain behind the ears and the shoulders must touch the ground to count as a repetition. The sit-up test begins in the down position.

Regardless of age, all prospective Cadets need to be able to complete the 1.5 mile run under 18 minutes.