

MCITWS 1-03

COURSE TITLE: Marine Combat Instructor Trainer of Water Survival(MCITWS) Course
COURSE DIRECTOR: GySgt Jackson, USMC PHONE: **(910)450-0909, (DSN 750-0909)**
COURSE LENGTH: 15 Training Days **CONVENING:** 3 March 2003, **ADJOURNING** 21 March 2003
LOCATION: CWSSS, MCCSSS, Camp Johnson, NC
SAFETY OFFICER: SSgt Carter

PERIOD	TYPE ACTIVITY/LESSON/TITLE/LP DESIGNATOR	INSTRUCTOR	LOCATION/ EQUIPMENT
<u>T-1 Monday 3 March 2003</u>			
0700 – 0915	Welcome Aboard/In processing / Screening swim test / L / D / PA	GySgt Jackson	Pool / S
0915 – 0930	Movement to classroom	Class Commander	
0930 – 1030	Course Orientation / L	GySgt Jackson	Classroom / PT
1030 – 1130	Noon Meal	Class Commander	
1130 – 1630	Elements of a Swimming Stroke / L / D / PA	GySgt Nippert/SSgt Carter	Pool / S
1630 – 1645	Counseling	Staff Advisors	Pool / S
<u>T-2 Tuesday 4 March 2003</u>			
0630 – 0700	Conditioning Swim / PA / 1200m	Staff	Pool / S
0700 – 0715	Movement to classroom	Class Commander	
0715 – 1215	Performance of Instructor-level Strokes / L / D / PA	SSgt Carter/Sgt Thompson	Pool / S
1215 – 1300	Noon Meal / Remedial Instruction	Class Commander	
1300 – 1730	Operational Risk Management / L / CAG	GySgt Jackson	M420 / PT
1730 – 1745	Counseling	Staff Advisors	M420 / PT
<u>T-3 Wednesday 5 March 2003</u>			
0700 – 0730	Conditioning Swim / PA / Pyramid	Staff	Pool/S
0730 – 0745	Movement to classroom	Class Commander	
0745 – 1130	LGI Training / L / D / PA	GySgt Jackson	Classroom / PT
1130 – 1300	Noon Meal / Remedial Instruction	Class Commander	Classroom / PT
1300 – 1630	LGI Training / L / D / PA	GySgt Jackson	Classroom / PT
1630 – 1645	Counseling	Staff Advisors	Classroom / PT
<u>T-4 Thursday 6 March 2003</u>			
0700 – 0730	Conditioning Swim / PA / 1400m	Staff	Pool / S
0730 – 0745	Movement to classroom	Class Commander	
0745 – 1130	LGI Training / L / D / PA	GySgt Jackson	Classroom / PT
1130 – 1300	Noon Meal / Remedial Instruction	Class Commander	Classroom / PT
1300 – 1630	LGI Training / L / D / PA	GySgt Jackson	Classroom / PT
1630 – 1645	Counseling	Staff Advisors	Classroom / PT
<u>T-5 Friday 7 March 2003</u>			
0700 – 0730	Conditioning Swim / PA / Pyramid	Staff	Pool / S
0730 – 0745	Movement to classroom	Class Commander	
0745 – 1130	LGI Training / L / D / PA	GySgt Jackson	Classroom / PT
1130 – 1300	Noon Meal / Remedial Instruction	Class Commander	Classroom / PT
1300 – 1630	LGI Training / L / D / PA	GySgt Jackson	Classroom / PT
1630 – 1645	Counseling	Staff Advisors	Classroom / PT

PERIOD	TYPE ACTIVITY/LESSON/TITLE/LP DESIGNATOR	INSTRUCTOR	LOCATION/EQUIPMENT
<u>T-6 Monday 10 March 2003</u>			
0700 – 0730	Conditioning Swim / PA / 1400m	Staff	Pool / S
0730 – 0745	Movement to classroom	Class Commander	
0745 – 1130	LGI Training / L / D / PA	GySgt Jackson	Classroom / PT
1130 – 1300	Noon Meal / Remedial Instruction	Class Commander	Classroom / PT
1300 – 1630	LGI Training / L / D / PA	GySgt Jackson	Classroom / PT
1630 – 1645	Counseling	Staff Advisors	Classroom / PT
<u>T-7 Tuesday 11 March 2003</u>			
0700 – 0730	Conditioning Swim / PA / Pyramid	Staff	Pool / S
0730 – 0745	Movement to classroom	Class Commander	
0745 – 1130	LGI Training / L / D / PA	GySgt Jackson	Classroom / PT
1130 – 1300	Noon Meal / Remedial Instruction	Class Commander	Classroom / PT
1300 – 1630	LGI Training / L / D / PA	GySgt Jackson	Classroom / PT
1630 – 1645	Counseling	Staff Advisors	Classroom / PT
<u>T-8 Wednesday 12 March 2003</u>			
0700 – 0730	Conditioning Swim / PA / 1600m	Staff	Pool / S
0730 – 0745	Movement to classroom	Class Commander	
0745 – 1000	LGI Training / L / D / PA	GySgt Jackson	Classroom / PT
1000 – 1130	Prepare for Instruction / L	SSgt Carter	Classroom / PT
1130 – 1230	Noon Meal / Remedial Instruction	Class Commander	Classroom / PT
1230 – 1630	Review Course Materials / L	GySgt Nippert	Classroom / PT
1630 – 1645	Counseling	Staff Advisors	Classroom / PT
<u>T-9 Thursday 13 March 2003</u>			
0700 – 0730	Conditioning Swim / PA / Pyramid	Staff	Pool / S
0730 – 0745	Movement to classroom	Class Commander	
0745 – 0930	Effective Communication / L / PA	Sgt Thompson	Classroom / PT
0930 – 1130	Conduct a Lesson / L / PA	GySgt Jackson	Classroom / PT
1130 – 1300	Noon Meal / Remedial Instruction	Class Commander	Classroom / PT
1300 – 1700	Conduct a Lesson / L / PA	GySgt Jackson	Classroom / PT
1700 – 1715	Counseling	Staff Advisors	Classroom / PT
<u>T-10 Friday 14 March 2003</u>			
0700 – 0730	Conditioning Swim / PA / 1800m	Staff	Pool / S
0730 – 0745	Movement to classroom	Class Commander	
0745 – 1045	Test Administration and Record Maintenance / L / PA	SSgt Carter	Classroom / PT
1045 – 1145	Swimming as a Fitness Activity and Wellness / L	GySgt Nippert	Classroom / PT
1145 – 1300	Noon Meal / Remedial Instruction	Class Commander	Classroom / PT
1300 – 1430	Principles of Conditioning / L / D / PA	Sgt Thompson	Classroom / PT
1430 – 1630	Aquatic Conditioning Programming / L / PA	GySgt Jackson	Classroom / PT
<u>T-11 Monday 17 March 2003</u>			
0730 – 0800	Conditioning Swim / PA / Pyramid	Group #1	Pool / S
0800 – 0915	Breast Stroke L / D / PA	Group #1	Pool / S
0915 – 1000	Conduct of CWS4	Group #1	Pool / U
1000 – 1130	Recovery of Submerged Victim L / D / PA	Group #1	Pool / S
1130 – 1300	Noon Meal / Remedial Instruction	Class Commander	Pool / PT
1300 – 1330	Lifesaving Stroke L / D / PA	Group #1	Pool / S
1330 – 1530	Stroke Evaluation / PA	Group #1	Pool / S
1530 – TBD	Aerobics / PA	Group #1	Pool / TBD

PERIOD	TYPE ACTIVITY/LESSON/TITLE/LP DESIGNATOR	INSTRUCTOR	LOCATION/EQUIPMENT
<u>T-12 Tuesday 18 March 2003</u>			
0730 – 0800	Conditioning Swim / PA / 1600m	Group #2	Pool / S
0800 – 0845	Side Stroke L / D / PA	Group #2	Pool / S
0845 – 0930	Underwater Swimming L / D / PA	Group #2	Pool / S
0930 – 1100	Equipment Rescues L / D / PA	Group #2	Pool / S
1100 – 1300	Noon Meal / Remedial Instruction	Class Commander	Pool / PT
1300 – 1330	Multiple Victim Rescues L / D / PA	Group #2	Pool / S
1330 – 1415	Conduct of CWS3	Group #2	Pool / 782
1415 – 1445	Conduct of CWS2	Group #2	Pool / 782
1445 – 1600	Stroke Evaluation / PA	Group #2	Pool / S
1600 – TBD	Aerobics / PA	Group #2	Pool / TBD
<u>T-13 Wednesday 19 March 2003</u>			
0730 – 0800	Conditioning Swim / PA Pyramid	Group #3	Pool / S
0800 – 0845	Elementary Back Stroke L / D / PA	Group #3	Pool / S
0845 – 0945	Removals L / D / PA	Group #3	Pool / S
0945 – 1130	Conduct of CWS1	Group #3	Pool / UB
1130 – 1300	Noon Meal / Remedial Instruction	Class Commander	Pool / PT
1300 – 1400	Lifesaving Defenses L / D / PA	Group #3	Pool / S
1400 – 1545	Stroke Evaluation / PA	Group #3	Pool / S
1545 – 1630	Aerobics / PA	Group #3	Pool / TBD
<u>T-14 Thursday 20 March 2003</u>			
0730 – 0800	Conditioning Swim / 1600m	Group #4	Pool / S
0800 – 0845	Crawl Stroke L / D / PA	Group #4	Pool / S
0845 – 1130	Lifesaving Approaches, Tows & Carries L/D/PA	Group #4	Pool / S
1130 – 1300	Noon Meal / Remedial Instruction	Class Commander	Pool / PT
1300 – 1345	Lifesaving Entries L / D / PA	Group #4	Pool / S
1345 – 1445	Conduct of CWSQ	Group #4	Pool / 782
1445 – 1600	Stroke Evaluation / PA	Group #4	Pool / S
1600 – TBD	Aerobics / PA	Group #4	Pool / TBD
<u>T-15 Friday 21 March 2003</u>			
0730 – 0930	Stroke Performance Evaluation / X	MCITWS Staff	Pool / S
0930 – 1100	Final Written Examination / X	MCITWS Staff	Pool / PT
1100 – 1300	Noon Meal / Remedial Examinations	MCITWS Staff	Pool -Classroom/ S-PT
1300 – 1400	Check – Out	MCITWS Staff	Classroom / PT
1400 – TBD	Graduation	MCITWS Staff	TBD

Equipment

S	-	UDT swimming trunks	782	-	782 Gear
PT	-	PT Attire	SSC	-	Charlie Uniform
U	-	Utilities	UB	-	Utilities & Boots