

TALKING PAPER

ON

PREPARING FOR USAF BASIC OFFICER TRAINING

This paper contains information from the Officer Training School (OTS) staff and Fellow Officer Trainees on what you can expect as well as what is expected of you upon arrival at OTS

- BOT is 13 weeks long and is for active duty and reserve line officers
- One of the most common causes for early disenrollment from training is poor physical fitness
 - You will take an AF fitness test during your first seven days. This baseline will be used in determining your ability to keep up with the rigors of the program
 - Review the AF Fitness standards in AFI 36-2905 for your age & gender (your recruiter can help you find these); you should be able to pass the minimums in all categories upon arrival
 - Pay attention to proper form for the exercises—repetitions will be deducted for improper form
 - You will be measured for Body Fat (BF) percentage; formula is abdominal circumference minus neck size to determine circumference value (CV) which is then cross-referenced to your height to determine your BF%; refer to DODI 1308.3 Physical Fitness & Body Fat Program for tables. Upon arrival max allowable BF% is 20% for males, 28% for females
 - Aspects of the program are physically demanding (combatives, obstacle courses, high ropes courses, field training)—you are expected to participate in all aspects of the training
 - Your first weekend run will be three miles and includes stops for strength training
 - Your first few weeks here will be stressful—good fitness helps you cope with the stress
- OTs are provided government computers, printers & paper to use for assignments, memos and e-mail
 - Personal computers can be useful but are not a requirement
 - Personal printers cannot be connected to government computers; only bring these if you intend to use them with a personal computer
 - Flash drives, personal hard drives, cameras, etc cannot be used on government computers
- Bring as little civilian luggage as possible and very comfortable running shoes
- OTs are generally not allowed to access their vehicles for at least the first several weeks of training
- You will be required to purchase all needed uniform items (you may bring and wear authorized serviceable items) —trainees needing all items should have access to approximately \$1500 upon arrival
 - Credit or debit cards can be used to buy uniform items

- AAFES Star Card credit applications will be made available to those who wish to apply; however be aware that you must pass a credit check to be approved for this form of payment
- Have your finances in order before you get here—you have little personal time available after you arrive—plan accordingly
- You may encounter initial pay delays as it takes time to build your financial records—if this is the case, manual payments can be arranged to deal with any financial hardships
- Photo gradient lenses and sunglasses are prohibited in formations per AFI 36-2903—bring conventional (clear) prescription glasses with no logos (plain frames) with you if you require glasses
- Ensure your hair is within standards (bulk, color, length) before checking in – you will not have time during the first few days to fix it— refer to AFI 36-2903
- Look at the Holm Center Website (link provided below) and the OTS MANUAL 36-2202 located in the General Administration section for in-bound trainees—study it, know it
 - The OTSMAN is your overarching guide for conduct and procedures during your stay at OTS
 - Specific verbiage in the OTSMAN is required when addressing staff or upper-class OTs
- Don't count on off-campus privileges—they must be earned and come late in the program
- Trainees are assigned to one of three Student Squadrons and become a part of the OT Wing
 - The OT Wing is broken into 2 classes—upper class and lower class
 - The upper class handles the primary training functions of the lower class under staff supervision for the first 5-6 weeks
 - After the upper class graduation the lower class becomes upper class
 - Trainees are all assigned jobs or chosen through a board process with commissioned staff (e.g. OT Wing CC or OPS Group CC)
 - BOT is composed of 3 OT OPS Squadrons with a strong sense of identity and pride that develop cohesion between upper and lower class, developing officer qualities
- OTs should have 10 or more copies of their orders and always keep at least one copy available
- Your commission is not a right, it's a privilege and must be earned—the selection process only got you in the door
- OTS welcomes recruiters for site visits! Please request a TDY assignment from your commander to come to Maxwell during an in-processing week so you can better serve your applicants

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<http://www.au.af.mil/au/holmcenter/OTS/BOT/index.asp> (official site -- read this information)

<http://www.airforceots.com/portal/index.php> (not an official site--information is not vetted)