



UNITED STATES MARINE CORPS
TRAINING AND EDUCATION COMMAND 1019 ELLIOT ROAD
QUANTICO, VIRGINIA 22134-5001

IN REPLY REFER TO

5040
C46JR
28 Jul 2025

From: Senior Marine Instructor, Admiral Halsey Health & Public Safety Academy
To: All JROTC Units

Subj: 2026 YOUTH PHYSICAL FITNESS (YPF) MEET LETTER OF INSTRUCTION (LOI)

Ref: (a) United States Youth Foundation Program Booklet, ^{Revised} Edition dtd 21 January 2025

Encl: (1) Parental Informed Consent and Hold Harmless/Release Agreement
(2) Hotels in the Vicinity of Elizabeth New Jersey
(3) YPFT Diagram
(4) YPFT Score Sheet

1. Situation

- a. Purpose. This letter of Instruction (LOI) provides information and administrative instructions for the conduct of the 2026 YPF Meet to be held at Admiral Halsey Health & Public Safety Academy, Elizabeth, New Jersey on 11 April 2026.
- b. Background. For many years, Marine Corps JROTC has participated in the annual YPF Postal Competition sponsored by the United States Marine Youth Foundation, Inc. The postal competition has stringent rules regarding timing, scoring, and events. The reference is a must read to understand the details and expectations. In 2015 Region One added an on-site competition as an alternate venue to the postal meet. The purpose of the on-site meet was to eliminate the inconsistency in scoring that had emerged in the postal meet and to increase the competitiveness for participating units. Region Nine programs can elect to participate in either the YPF postal competition (administered by the MCJROTC HQ) or the onsite meet hosted and run by Admiral Halsey Health & Public Safety Academy.

2. Mission. To hold a Region Nine head-to-head YPF meet in an appropriate indoor venue. The results of the team scores will be included in the postal competition standings.

3. Execution

a. Commander's Intent.

- (1) It is my intent that as many teams as practical participate in the head-to-head meet. Only one male and one female team from each school will participate. Schools do not have to enter both a male and female team they can send one team if desired, but not a mixed gender team.

- (2) Scores from the meet will be forwarded to both MCJROTC/Ops and the National YPF Coordinator in time to be counted in the postal competition; making the teams that participate in Halsey meet eligible for awards (plaques and medals) given to the top teams in the postal. If you compete in this meet, the scores from the meet are the official scores submitted to the National YPF Coordinator. Units cannot submit postal scores and scores from the on-site regional competition – Select one or the other but not both.
- (3) The end state is to conduct a highly competitive meet that promotes consistent standards and scoring to determine the best qualified physical fitness teams.

b. Concept of Operations.

- (1) By COB 30 January 2026, schools desiring to participate will register their teams with the host school. Registration simply consists of E-mailing Master Sergeant Gerald. Include the following information in the email: 1) school name, 2) are you bringing both male and female teams; male only team; or a female only team. Reminder that a unit may only bring one male team and one female team. The total number of teams for the entire competition at Halsey is capped at 25 male and 25 female teams.
- (2) Teams are responsible for their own transportation and lodging to and from the competition site. For planning purposes Halsey is located approximately 10 minutes from Newark Airport and 20 minutes off Interstate 95 Exit 13.
- (3) The meet starts promptly at 0900 on 11 April 2026. There will be a judges/counters meeting at 0700 followed by a coach's meeting at 0815. The order that teams compete will be based on a random draw.
- (4) Teams consist of five or six cadets; team score is based on the top five scores posted for each team.
- (5) 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 14 of the reference.
- (6) The five events are to be conducted in the following sequence:
 - (a) Planks: 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.

c. Tasks

(1) JROTC Instructors.

- (a) Register your team(s) with Master Sergeant Gerald NLT COB 30 January 2026.
- (b) Ensure cadets participating are enrolled in your JROTC Unit for the 2025 - 2026 School year. Ensure cadets 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 0815 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)
- (e) 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.
- (f) Uniform for instructors is the USMC Athletic Warm-up Suit.
- (g) Recommend your athletes wear spandex shorts under their PT shorts.
- (h) **Cost of the meet will be \$100.00 per school. Money will be used to buy plaques / medals. Checks should be made out to: Halsey MCJROTC.**

(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 0700 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

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

(1) 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.

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

5. Command and Signal. Point of contacts for this meet are SMI: Master Sergeant R. L. Geraldts (Geraldtsro@epsnj.org) (908) 436-6624.

A handwritten signature in black ink, appearing to be 'R. L. Geraldts', written over a horizontal line.

R. L GERALDS