MEMORANDUM TO: New Cadets – Class of 2017

SUBJECT: Physical Fitness and the VFT

Congratulations! You were selected for a conditional appointment to the VMI Class of 2017 because of your overall qualifications. This memo is written to advise you to prepare for the physical rigors attendant with the life of a new cadet. The VMI precept is from Juvenal (AD 40-125), Mens sana in corpore sano – a sound mind in a sound body. You are strongly encouraged to begin your physical preparation immediately in order to be prepared for matriculation.

Shortly after you arrive, you will be given the VMI Fitness Test (VFT) to evaluate your state of muscular and cardio respiratory fitness. Our goal is to have every new cadet meet or exceed the minimum standards stated below upon matriculation.

	MEN:	WOMEN:
1. Pull-ups	5	1
2. Sit-ups (2 minutes)	60	60
3. 2400 Meter Run	12:30 minutes	14:20 minutes

Attached to this memo you will find specific instructions for the administration of the test should you desire to "pre-test" your level of physical conditioning prior to your matriculation. Because of the physical activity you have beginning immediately after matriculation, it is also very important that you bring a well broken-in pair of running/athletic shoes with you.

Again, congratulations on your conditional appointment to the VMI Class of 2017. Start a regular exercise program consisting of running, sit-ups and pull-ups as soon as possible and you will reap the benefits once you begin your cadetship.

Thomas H. Trumps, Colonel, USA (Retired)
Commandant of Cadets