

BLUF: BOTTOM LINE UP FRONT



Week of 22 FEB 2021



Monday	Tuesday	Wednesday	Thursday	Friday
	Tutoring: 1800-2000	Bn Triad Office Hours: 1200-1300	Tutoring: 1600-1800 Comedy night: 1920-2015	Lab: 0650-0915

Lab Information:

The Capital Battalion's next lab is scheduled for 26 FEB.

This lab features enlisted panels. MIDN will maintain their professionalism at all times and ensure they are prepared to ask questions: this is a great opportunity to learn more about the enlisted experience and the enlisted/officer relationship before commissioning.

Announcements:

As a reminder, please inform your chain of command and advisor if you or your family has been affected by recent severe winter weather. Please remain cautious if driving or travelling.

Ship selection is this week from 24-26 FEB! Support the 1/C MIDN as years of hard work finally culminate. The event will be live streamed: check out PERS 41 Surface Warfare Officer assignments on YouTube for more information.

MIDN 2/C Ward:



MIDN 2/C Ward has done a phenomenal job as Alpha Co1stSgt. He has been a standard of professionalism for the 4/C and has displayed servant leadership in helping other MIDN with academic issues. Keep up the great work!

Eye on the Fleet:

Navy Awards \$3B to Newport News Shipbuilding for USS John C. Stennis Refueling ([Click Here](#))

Dwight D. Eisenhower Carrier Strike Group Begins Second Deployment in a Year ([Click Here](#))

IKE Carrier Strike Group Commands SEALs, Marine Missile Teams in First-of-a-Kind, Large-Scale Drill ([Click Here](#))

Alpha Company Comedy Night:



As promised, Alpha Company is hosting a comedy night! The [zoom link](#) will open at 1920 and remain open until 2015. The comedians will perform between 1930 and 2000. The entire battalion is encouraged to attend.

Weekly Workout

45 sec Jumping Jacks
45 sec Jump Lunges
45 sec High Knees
45 sec Jump Squats

1 min Rest

30 sec Push-Ups
30 sec High Plank (Hold up position after push-ups)
30 sec Elevator Push-Ups
30 sec Forearm Plank

2 min Rest (Complete 3-4 repetitions)