BLUF:
BOTTOM LINE
UP FRONT

Week of 8 FEB 2021

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<th>Monday</th>
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<td>Hours: 1200-1300</td>
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Lab Information:
The Capital Battalion’s next lab is scheduled for 12 FEB 2021.
This lab will feature guest speaker COL Nott, U.S. Army, retired.

Announcements:
USNA is hosting its annual foreign affairs conference from 6-8 APR. The Capital Battalion HQ staff must select two delegates to attend in the coming weeks. More information will be routed through your Chain of Command.

Alpha Company is hosting the unit’s first “stand up comedy event” on 25 FEB at 1930.

Eye on the Fleet:
F-35s, 3 Amphib Warships, 2,500 Marines Operating Closer to Iran; Nimitz Reaches Edge of the South China Sea (Click Here)

Navy: Constellation Frigate, DDG(X) Programs Mark Start of ‘Surface Ship Renaissance’ (Click Here)

Destroyer USS John McCain Conducts FONOP; Nimitz Carrier Strike Group in the South China Sea (Click Here)

Ship Store Designs!
Attention MIDN who are artistically talented! The ship store is now accepting submissions for designs from MIDN for future items such as shirts, sweaters, and tumblers. Submissions may be in image or .pdf format but please ensure that submissions are high resolution. If you intend to create a design please submit it here by 19 Feb.

Weekly Workout:
45 sec Jumping Jacks
45 sec Up-Downs
45 sec High Knees
45 sec Side Skaters
2 min Rest
45 sec Push-Ups
45 sec Flutter Kicks
45 sec Forearm Plank (max duration on final rep)
2 min Rest (Complete 3-4 repetitions)

Note that the company with the longest average maximum effort plank will be awarded 50 points on the athletics tracker.

Congratulations to MIDN 1/C Ward on being assigned to her first duty station in Okinawa, Japan!