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|  | Pharmacist  **1 Armoured Medical Regiment**  Dempsey Barracks  British Forces Post Office 16  Telephone 0049 5254 982 2356 Military 94 879 2356  Facsimile 0049 (0) 5254 982 2764 Military 94 879 2764  DII(F) Katharine.Law103@mod.uk | | 1MedRegt_flat |
|  | | | Our reference: AMS/Alpine/SUL/AI  Date: 20 Sept 2017 | |

# ARMY ALPINE TRAINING AND mANAGEMENT CONFERENCE AND ARMY MEDICAL SERVICES SKI CLUB (AMSSC) ALPINE STRENGTH AND CONDITIONING CAMP 2017 – EXERCISE SHUT UP LEGS ADMINISTRATIVE INSTRUCTION

## INTRODUCTION

1. The Army Alpine Training and Management Conference will take place in Blenheim Hall, Waterloo Line, Warminster over the period 25 – 26 Oct 17.
2. The Army Medical Services Alpine Strength and Conditioning Continuation Camp 2017 will be held in Larkhill Garrison over the period 27 - 29 Oct 17. The exercise name is Exercise SHUT UP LEGS 2017 (SUL17), which is to be used in all correspondence and for accounting purposes.

## AIM

1. The aim of attendance at the Army Alpine Training and Management Conference is to qualify AMS Skiers appropriately so they can act as hill team at the Ex PROTON SERPENT (the AMS Corp Championships).
2. The aim of Ex SUL 17 is to:
   1. A weekend introduction to Olympic lifting including an introduction to the conditioning required for Alpine Skiing and an introductory programming schedule for the rest of the S&C period and as they deploy on the season.
   2. This will both assess the individual’s ability to complete the training and give the individuals skills to access further training to better themselves once they RTU in final preparation for the Winter Season.

## TRAINING

1. The Army Alpine Training and Management Conference is official training delivered by the AWSA.
2. Ex SUL is delivered by WO2 Justin Whiting (RAPTI) it is progressive, with all standards from beginner to advanced being welcome. Places may be limited to 20.
3. It is emphasised that this Training is arduous and can prove demanding for even the most exercise conscious. Fitness to participate in the camp is an individual/unit responsibility and Team Captains are to ensure that team members are physically prepared for training prior to arrival.
4. All individuals being issued a personal programme in build up to pre-season training.

## participation

1. Individuals listed at annex A are invited to attend the Army Alpine Training and Management Conference on behalf of the AMS.
2. Ex SUL is open to all regular and reserve members of AMS and non-AMS individuals on the posted strength of AMS units. Other non-AMS teams or individuals will be considered on a case by case basis.

## coordinating instructions

1. **Exercise Area.** Warminster and Larkhill provide locations for this training.
2. **Exercise Fees**. There is no exercise fee.
3. **Registration**.
   1. **Initial Registration**. Initial registration is to be made **NLT 30 Sept 16** via email to Capt K Law (1MED-RHQ-Pharmacist@mod.uk)
4. **Insurance.** All personnel taking part must have ‘On Duty’ status.
5. **Medical Cover**. Medical Cover will be provided by Larkhill Garrison Medical Centre, or Salisbury hospital out of hours.
6. **Costs.** The cost of attendance is to be borne as follows:
   1. T&S costs of attendees are to be borne by the parent unit
   2. Additional Non- Public funding may be required to cover costs
7. **Personal Conduct and Discipline**. Attendees are reminded that throughout the exercises they are representing the British Forces. All are to ensure the highest levels of behaviour at all times. The undersigned is empowered to RTU any individual, at their personal cost for a disciplinary matter.

**SERVICE SUPPORT**

1. **Rations**. Keogh is a PAYD barracks.
2. **Accommodation**. Accommodation is to be provided by Central Booking Services, Warminster.
3. **Equipment.** A kit list is provided at Annex B.
4. The following points are to be adhered to when using military transport:
   1. No green military vehicles are allowed on this exercise. All transport **MUST** be civilian hire or military white fleet.

## FURTHER INFORMATION

1. Unit representatives/individuals requiring further information or advice on administration, equipment or training should contact the following:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| OIC Ex | Capt Kate Law | 1AMR  Dempsey Barracks, Sennelager. BFPO16. | [Katharine.law103@mod.uk](mailto:Katharine.law103@mod.uk)  Katharinelaw@hotmail.co.uk | Mob: 07717847071 |

## distribution

1. Action addressees are requested to distribute this instruction to all within their command.

## SUMMARY

1. In previous years, this exercise has been successful and of much benefit to our soldiers in competition at all levels. It is hoped that we can build upon our past success and continue to provide quality race training in each discipline. The continued presence of the AMS Alpine Ski Squad at this event should provide inspiration to our soldiers to achieve even greater success.
2. If any further information is urgently required prior to the AI, please contact the undersigned.

{Signed on DII}

K Law

Capt

1 AMR

AMS Alpine Ski Secretary

Annex:

* + 1. Exercise SHUT UP LEGS 16 Registration Form.
    2. Kit List

Individuals Invited to attend the Army Alpine Training and Management Conference on behalf of the AMS

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Rank | Forename | Surname | Unit | Position | Required 25 Oct | Required 26 Oct |
| Col | Martin | Toney |  | Winter Sports Chairman | Y | Y |
| Col | Stuart | Campbell | APC | Winter Sports President | Y | Y |
| Lt Col | Terry | Southwood |  | Chairman Alpine | Y | Y |
| Lt Col | Eddie | Rae | AMS Sp | Winter Sports Vice Chairman | Y | Y |
| Maj | Nikki | Jordan | APC | Alpine Coach | Y | Y |
| Capt | Kate | Law | 1AMR | Alpine Sec | Y | Y |
| Capt | Lewi | Williams | 1AMR | Hill Team | Y |  |
| Capt | Henry | Allen | 4AMR | Hill Team | Y |  |
| Maj | Martyn | Court | Sandhurst Gp RMAS | Hill Team | Y |  |
| Sgt | Barry | Greensides | 207 Fd Hosp | Hill Team | Y | Y |
| LCpl | Rob | Weaver | 1AMR | Hill Team | Y |  |
| LCpl | Ryan | McGealy | 4AMR | Hill Team | Y |  |
| Pte | Scott | Loftus | 1AMR | Hill Team | Y |  |
| Pte | Aaron | Eastman | 1AMR | Hill Team | Y |  |
| Pte | Curtis | Fearn | 1AMR | Hill Team | Y |  |
| Pte | Luke | Smith | 1AMR | Hill Team | Y |  |

Army Alpine Training and Management Conference Kit List

|  |  |
| --- | --- |
| Ser | Item |
|  |  |
|  | Smart / casual civilian clothing (no jeans) |
|  | Note pad and pen |
|  | Shoes |

Exercise Shut Up Legs Kit List

|  |  |
| --- | --- |
| Ser | Item |
|  |  |
|  | Sports kit (shorts, socks, T shirts). Multiple sets. |
|  | Sports equipment including water bottle for gym |
|  | Training shoes |
|  | Flip flops /sandals x 1 |
|  | Swimming trunks & goggles |
|  | Underwear / socks |
|  | Civilian day sack |
|  | Casual clothing summer (T shirts, shorts) |
|  | Casual clothing winter (shirts, jeans, jumpers) |
|  | Casual Shoes |