

SKILL APPRAISAL AND APPLICATION
U.S. INTERALLIED CONFEDERATION OF RESERVE OFFICERS (CIOR)
PROFESSIONAL DEVELOPMENT & MILITARY SKILLS TRAINING
Fort Sam Houston, Texas
www.uscior.army.mil

CERTIFIED OFFICIAL STATEMENT

I understand I am responsible for the eligibility and performance data entered on this application which will be used to consider providing me funded active duty military orders to participate. I certify that I performed as recorded on the dates indicated. This application is not a projection of what I think I will be able to do by the beginning of the training camp, nor is it a record of personal bests from my past. I understand that a notable discrepancy between my performances recorded on this application and those demonstrated upon arriving at Fort Sam Houston will result in my commander being notified, my orders being amended, and my being immediately dismissed.

Name: (First MI Last)	Signature	Date
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NOTE: Type or print information legibly. Privacy Act Statement on Page 7.

1. PERSONAL INFORMATION

Sex:	Age:	Ht: (Ft- In)	Wt:	SSAN:
Profession:				Married/Single (circle)
Address:				
City:			State:	Zip Code:
Phone	(W)	(H)	Cell:	
E-mail:				Fax:

2. U.S. ARMED FORCES RESERVE AFFILIATION

<input type="checkbox"/> USAR	<input type="checkbox"/> USAFR	<input type="checkbox"/> USNR
<input type="checkbox"/> USMCR	<input type="checkbox"/> USCGR	<input type="checkbox"/> Cadet (specify type):
<input type="checkbox"/> ARNG	<input type="checkbox"/> ANG	
Reserve commission (circle): yes no	Rank:	Commission date:
Military status: (circle) Active Duty/AGR Drilling Unit IMA IRR Cadet		
If a cadet, enter where:		Expected Commission date:
Reserve/ROTC Unit and Location:		
Unit Commander:		Phone:
Unit Administrator:		Phone:
Administrator's E-Mail:		Fax:

3. SIZES FOR GEAR ISSUE

4. RECRUITING

T-Shirt	S	M	L	X	Shorts	S	M	L	X	When I learned about CIOR:
Singlet	S	M	L	X	Swim Suit Size:					
Sweat Suit Jacket Size:						S	M	L	X	How I learned:
Sweat Suit Pant Size:						S	M	L	X	

APPRAISAL OF PHYSICAL CONDITIONING/MILITARY SKILLS ABILITY

Note: For your application to be considered by the selection committee, all times submitted must occur after 01 January 2005. If you do not meet the minimum performance standards indicated, you may still submit an application for consideration. The average candidate, however, far exceeds the standards and will improve by the start of the training camp.

5. RUNNING ABILITY

a. 5-Mile Run (perform on standard running track)		5-Mile Run Minimum Standard <u>Male / Female</u> 32:00 / 37:30
Time:	Date:	
Timer's Name:		Signature:
Unit Commander:		Signature:
b. 400 Meter / 440-Yard Run (perform on standard running track)		400-M / 400-Yd Minimum Standard <u>Male / Female</u> 1:10 / 1:25
Time:	Date:	
Timer's Name:		Signature:
Unit Commander:		Signature:
c. 800 Meter / 880-Yard Run (perform on standard running track)		800-M / 880-Yd Minimum Standard <u>Male / Female</u> 2:30 / 3:00
Time:	Date:	
Timer's Name:		Signature:
Unit Commander:		Signature:

6. SWIMMING ABILITY

a. 50-Meter Swim or 50-Yd Swim		50-M Swim Minimum Standard <u>Male / Female</u> :35.00 / :40.00
Distance Swam (circle one)		
50 Meters	50 Yards	
Length of Pool (circle one)		
25 M	25 Yd	50 M
50 Yd		
Time:	Date:	50-Yd Swim Minimum Standard <u>Male / Female</u> :32.00 / :36.00
Timer's Name:		Signature:
Unit Commander:		Signature:
a. 100-Meter Swim or 100-Yd Swim		100-M Swim Minimum Standard <u>Male / Female</u> 1:20 / 1:30
Distance Swam (circle one)		
100 Meters	100 Yards	
Length of Pool (circle one)		
25 M	25 Yd	50 M
50 Yd		
Time:	Date:	100-Yd Swim Minimum Standard <u>Male / Female</u> 1:14 / 1:22
Timer's Name:		Signature:
Unit Commander:		Signature:

7. DYNAMIC STRENGTH			Minimum Standards	
Exercise	Reps	Date	Male	Female
a. Push-ups in 2 minutes:			75	50
b. Sit-ups in 2 minutes:			75	50
c. Pull-ups in 1 minute:			12	5
d. Dips in 1 minute:			20	5

Note: see page 7 for instructions

8. MILITARY PHYSICAL FITNESS TEST RESULTS

If your service does not have a standard physical fitness test, write N/A beside "Date Tested"

Date Tested:		Location:		
Grader:		Phone:		
Test Events	Time or Number of Repetitions	Points		

Total Points: ____ Max Points: ____ Per cent of maximum score: ____%
 (e.g., the Army PT test has 300 Max Points; thus, a score of 270 → 90%)

9. MARKSMANSHIP QUALIFICATION AND EXPERIENCE

a. Qualification Results

Skill Level	Rifle		Pistol	
	(X)	Model	(X)	Model
Expert				
Sharpshooter				
Marksman				
Have not qualified				
Have not fired				

b. Competitive Marksmanship Experience

If you are a competitive shooter, including CIOR, present your background and distinctions. Include all CIOR Official NATO Competition scores in both Rifle and Pistol:

14. COMPETITOR CANDIDATE BRIEF AND FULL-LENGTH PHOTOGRAPH

When the selection committee reviews your application, this is the first page they will see and screen. It is a brief recapitulation of pertinent selection information from your application with a full-length photo.

Military Affiliation

Full Formal Name (First, MI, Last):

Rank: Service: Home city, State:

Military status: (circle) Active Duty/AGR Drilling Unit IMA IRR Cadet

Competitive Marksmanship and Orienteering Experience

Competitive Marksmanship Experience: yes no Level:
(circle)

Competitive Orienteering Experience: yes no min/k Blue:
(circle)

Date of Photo:

CIOR TRAINING EXPERIENCE (X)

First Time
Former

PRIOR OFFICIAL CIOR MILITARY COMPETITION

None (Nov)
1-3 Yrs (Exp)
4+ Yrs (Vet)

CIOR PRs (Vets)

Land O
Water O
Rifle
Pistol
5-Mile
Orient
m/k

PHOTO

Trim, paste photo in this block.

Note: Submit a recent (within 6 months) front-view photo in the standing position wearing gym shorts, T-shirt (or singlet), and running shoes. Do not submit an official military photo.

APPLICATION INFORMATION

Swimming

50-Yd
or 50-M

Running

880-Yd
or 800-M
5-Miles

Personal Data

Age
Ht (ft-in)
Wt (lbs)

Veterans Only

Split Camp: Y N
Cadre/Staff: Y N
Position:

Active Duty/AGR, USAR IRR and Army ROTC (see Paragraph 21 - Funding)

Active Duty/AGR: My unit has agreed to fund my tour: (circle) yes no

USAR IRR: I request AT orders for my tour: yes no

Army ROTC: Cadet Command has agreed to fund my tour: yes no

TRAINING GUIDANCE

I have read the CIOR training guide on the Web site:
<http://www.uscior.army.mil/documents/TrainingGuide.pdf> circle
yes no

15. PHYSICAL

Submit a copy of a Current SF Form 88 (Report of Medical History) and Form 93 (Report of Medical Examination). Note: If your physical becomes outdated—normally 5 years--before or during the period of CIOR training, you can not be issued orders. If you need a new physical, plan ahead. It must be completed at a military facility. Exceptions cannot be granted. If selected to attend the training camp, you will also complete a medical evaluation prior to training which will be reviewed by our medical staff.

16. HIV TESTING

Army Reservists must provide results with their application of an HIV test from a military facility dated within 6 months of the last day of your CIOR tour. Other services have different policies. Contact your project officer as this may affect your ability to get CONUS/OCONUS orders.

17. PASSPORT INFORMATION

Passports are required for OCONUS Travel.

Passport Number:

Date of Issue:

I do not have a passport, but submitted my passport application on _____ (date)

18. ADMINISTRATIVE INSTRUCTIONS

To assure accurate and timely processing, your application must include the documents listed below. Incomplete or late applications will be returned without consideration. Completed applications *may* be sent via fax, or email (scanned). Send to: CIOR HQ, Fax, (210) 221-1648, DSN 471-1648. Email to cior02@amedd.army.mil. Completed original applications **must** be sent via U.S. Mail (no Fedex, UPS) to: CIOR HQ, 2420 Liscum Rd, Bldg 133 Ste B, Fort Sam Houston, TX 78234. All applications are due by 15 April. Additionally, all non-army reservists must send a photo-copy of their application to their respective service CIOR project officer.

Check (✓)	(1)	Active duty request if not already on active duty:
	a.	USAR: DA Form 1058 (if AGR: DA Form 1610)
	b.	ARNG: (NA)
	c.	USAFR: AF Form 1289
	d.	USNR: (NA)
	e.	USMCR: (NA)
	f.	USCGR: CG Form 3453
	g.	ANG: (NA)
	(2)	Completed Skill Appraisal and Application
	(3)	Recent (within 6 months) full-length photograph.
	(4)	Current SF Form 88 (Report of Medical History) and Form 93 (Report of Medical Examination).
	(5)	USAR only: HIV test and DA Form 7349 (Initial Medical Review)
	(6)	Current Anti-Terrorist Training Certificate (see Para 23 next page)
	(7)	Other information required by your project officer.

19. INSTRUCTIONS ON TESTING DYNAMIC STRENGTH

Push-ups: You may rest only in the up position and must keep 4 points of contact with the ground at all times. Fully lock elbows in the up position, and bend arm at elbow to 90 degrees or more in the down position.

Sit-ups: Must be bent knee. Hands must remain clasped behind the head and you must come up to at least a 90-degree position in the up position. Resting is allowed in the up position only.

Pull-ups: Must be done with palms facing away from the body. You must remain on the bar once you begin; dropping off terminates the exercise.

Dips: You may rest in the up or down position and must remain on the bar once you begin. Fully lock arms in the up position. In the lower position you must reach the full extent of your range of motion.

20. PRIVACY ACT ADVISORY STATEMENT

AUTHORITY: Title 10 U.S. Code, Sections 3012 and 3013.

PRINCIPAL PURPOSE: To obtain information essential to pre qualify and contact prospects for CIOR training and competition.

ROUTINE USES: To identify applicants, document their qualifications, process applicants for TDY or ADT orders to attend, and to coordinate applications among the Armed Services.

EFFECT OF WITHHOLDING CONSENT: Disclosure is voluntary; however, failure to provide the information requested may impede or prevent selection as a candidate.

21. FUNDING

Drilling Reservists, IMA and IRR members will receive Active Duty for Training (ADT) orders from their Project Officer. Active Duty/AGR members must be funded by their units for travel, per diem, and registration except in rare cases. USAR IRR soldiers are also eligible to receive Annual Training (AT) orders for CIOR training. Army ROTC cadets must be funded through Cadet Command. Contact your Project Officer.

a. Active Duty/AGR: My unit has agreed to fund my tour: If "no", you may still apply and will be contacted after 15 April.	circle	
	yes	no
b. USAR IRR: I request AT orders for my tour:	yes	no
c. Army ROTC: Cadet Command has agreed to fund my tour:	yes	no

22. ANNUAL ANTI-TERRORIST TRAINING CERTIFICATE

Country Clearances are required for OCONUS Travel. In order to receive a Country Clearance, you must complete DoD-required Level 1 Anti-Terrorist Annual Training. To complete this training, log on to www.at-awareness.org, or contact your unit administrator for instructions. When complete, enclose a copy of your certificate with this application.

23. POINTS OF CONTACT

The CIOR Service Projects Officers are listed at: <http://www.uscior.army.mil/poc.asp>

