

Force Fitness Instructor Registration

POC REGARDING STUDENT REGISTRATION, QUOTAS, FUNDING AND TRAVEL:

CAPTAIN KELLIE MIX, MARINE CORPS FORCE FITNESS DIVISION

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EMAIL: KELLIE.MIX@USMC.MIL.

PRIMARY POC REGARDING STUDENT READ AHEADS, COMMAND SCREENING CHECKLISTS, AND ANY INFORMATION PERTAINING TO STUDENT CHECK-IN :

GYSGT MALIK REED, FORCE FITNESS READINESS CENTER

TEL: 703-432-6465

EMAIL: MALIK.REED@USMC.MIL.

ALTERNATE POC:

GYSGT ROBERT JIMENEZ, FORCE FITNESS READINESS CENTER

TEL: 703-432-8202

EMAIL: ROBERT.JIMENEZ@USMC.MIL

Resident Force Fitness Course seat allocation is as follows:

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|---|----|
| • Marine Corps Forces Pacific (MARFORPAC) | 27 |
| • Marine Corps Forces Command (MARFORCOM) | 14 |
| • Marine Corps Installations Command (MCICOM) | 6 |
| • Marine Corps Forces Reserve (MARFORRES) | 2 |
| • Marine Corps Forces Special Operations Command (MARSOC) | 1 |

- MARFORPAC: Five of the 27 MARFORPAC allocations are sub-allocated to Marine Corps Combat Development Command (MCCDC) and Training and Education Command (TECOM). These five quotas are designated for MCCDC/TECOM Marines stationed west of the Mississippi River. Nominations for MCCDC/TECOM Marines that are stationed west of the Mississippi River must be submitted to MARFORPAC G-3 training for processing.

- MARFORCOM: Two of the 14 MARFORCOM allocations are sub-allocated to MCCDC/TECOM. These two quotas are designated for MCCDC/TECOM Marines stationed east of the Mississippi River, excluding the National Capital Region (NCR). Nominations for MCCDC/TECOM Marines that are stationed east of the Mississippi River, excluding the NCR, must be submitted to MARFORCOM G-3 training for processing.

- MCICOM: Two of the six MCICOM allocations are sub-allocated to MCCDC/TECOM. These two quotas are designated for MCCDC/TECOM Marines stationed in the NCR. Nominations for MCCDC/TECOM Marines that are stationed in the NCR must be submitted to MCICOM G-3 training for processing.

FFI Course Dates and Locations

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| •FFI Course 1 -19: | 29 Oct 18 - 14 Dec 18 |
| •FFI Course 2-19: | 07 Jan 19 – 15 Feb 19 |
| •FFI Course 3-19: | 04 Mar 19 – 12 Apr 19 |
| •FFI Course 4 - 19 : | 01 May 19 – 13 Jun 19 |
| •FFI Course 5-19: | 25 Jun 19 – 07 Aug 19 |
| •FFI Course 6-19: | 19 Aug 19 – 27 Sep 19 |

FFI Student Course Prerequisites

- Must be an active duty sergeant or above at the time of application with at least one year of enlistment service remaining at the completion of FFI course.
- Must have a current first class Physical Fitness Test (PFT) and Combat Fitness Test (CFT) score. An inventory PFT and CFT will be conducted during the first week of the course. The PFT and CFT will be graded on the new standards in accordance with MCO 6100.13A. Failure to execute a first class inventory PFT or CFT will result in disenrollment from the course. Failure to be within height/weight/body fat percentage will also result in disenrollment from the course. Course weigh in will occur on training day one.
- Must be injury free and on full duty status for last six months verified by a military physician.

- Force Fitness Instructor Trainer requirements are currently being validated, FFIT working group in progress developing role and standards. Website will be updated as requirements are released. .

FFI student reporting Information

Students are required to report in green on green physical training uniform with running suit at 0600 to the Director, Force Fitness Readiness Center/Martial Arts Center of Excellence, Raider Hall, 24191 Gilbert Road, Quantico, Virginia, 22134-5019.