THE ARVIN CADET PHYSICAL DEVELOPMENT CENTER (ACPDC) STANDARDIZED TOURS

Set the Standard, Maintain the Standard!
ROUTE # 1

(START) MAIN ENTRANCE
☞ UP MAIN STAIRWAY TO 2ND FLOOR FOYER
☐ JUICE BAR
☐ CS WRESTLING ROOM
☞ UP MAIN STAIRWAY TO 3RD FLOOR FOYER
☐ DPE OFFICE SUITE
☐ CLASS OF 1979 ROCK CLIMBING WALL
☐ 3RD FLOOR WEIGHT ROOM (Exit SW Doorway)
☞ UP SW STAIRWAY TO 4TH FLOOR
☐ BOXING ROOMS
☐ RACQUETBALL COURTS
☐ 4TH FLOOR GYM
☞ DOWN ATRIUM STAIRWAY To 2ND FLOOR
☐ HAYES GYMNASIUM
☞ DOWN NORTH TOWER STAIRWAY TO 1ST FLOOR
☐ CLASS OF 1962 FITNESS ROOM
☐ SPORTS MEDICINE COMPLEX
☞ DOWN SOUTH STAIRWAY TO BASEMENT
☐ CWSSL
☐ IM POOL
☞ UP STAIRWAY TO MAIN ENTRANCE (END)

LEGEND
☐ = VENUE
☞ = MOVEMENT

Set the Standard, Maintain the Standard!
ROUTE # 2

(START) MAIN ENTRANCE
❖ DOWN HALLWAY ON 1ST FLOOR
❑ CLASS OF 1962 FITNESS ROOM  (Exit ’57 Hallway)
❑ SPORTS MEDICINE COMPLEX
❖ UP SOUTH STAIRWAY TO 2ND FLOOR
❑ HAYES GYMNASIUM
❑ JUICE BAR
❑ CS WRESTLING ROOM
❖ UP MAIN STAIRWAY TO 3RD FLOOR
❑ DPE OFFICE SUITE
❑ CLASS OF 1979 ROCK CLIMBING WALL
❖ UP ATRIUM STAIRWAY TO 4TH FLOOR
❑ 4TH FLOOR GYM (THROUGH GYM TO SE DOORWAY)
❑ RACQUETBALL COURTS
❑ BOXING ROOMS
❖ DOWN SW STAIRWAY TO 3RD FLOOR
❑ 3RD FLOOR WEIGHT ROOM (Exit SE Doorway)
❖ DOWN SOUTH STAIRWAY TO BASEMENT
❑ CWSSL
❑ IM POOL
❖ UP STAIRWAY TO MAIN ENTRANCE  (END)

Set the Standard, Maintain the Standard!
• The Arvin Cadet Physical Development Center (ACPDC) is named in honor of Captain Carl Robert Arvin, Class of 1965. He was First Captain, Captain of the Wrestling Team and a Rhodes Scholarship finalist. Captain Arvin was killed during his second tour in Vietnam. He was awarded two Silver Stars for gallantry.

• The Hayes Gymnasium, formerly the East Gym, bears the name of Captain Thomas J. Hayes, IV, Class of 1966, who died in action in Vietnam. He was the Brigade Adjutant, Chairman of the Honor Committee and on the Corps Squad soccer and fencing teams. He was awarded two Silver Stars for valor in action.

• The Crandall Pool is named for Major Robert W. Crandall, Class of 1939 and Captain of the swimming team. He was killed in action just a week before the end of hostilities in World War II. He was awarded the Distinguished Service Cross for valor in action.
GENERAL HISTORY

• ORIGINAL GYM (HAYES GYM) CONSTRUCTED IN 1910
• ADDITIONS: 1935 THEATER 1950’s, CRANDALL 1971; OLD SOUTH WING 1976

THE ARVIN CADET PHYSICAL DEVELOPMENT CENTER (ACPDC) CONSTRUCTION STARTED IN JULY, 2000. THE ACPDC OPENED FOR PATRONS IN AUGUST, 2005 AND CONTAINS:

- 2 SWIMMING POOLS
- 4 COMBATIVES ROOMS
- COMBAT WATER SURVIVAL LAB
- 2 CARDIO/STRENGTH ROOMS
- 6 RACQUETBALL COURTS
- 1 FREE WEIGHT ROOM
- 2 BOXING ROOMS W/ 4 BOXING RINGS
- 3 GYMNASIUMS CONTAINING:
  * 9 BASKETBALL COURTS
  * 8 VOLLEYBALL COURTS
  * INDOOR TRACK
- 1 WRESTLING ROOM
- CENTER FOR PHYSICAL DEVELOPMENT EXCELENCE (CPDE)
- ROCK CLIMBING WALL
- SPORTS MEDICINE COMPLEX (DPE, DIA, CADET PT)
VENUE SPECIFIC INFORMATION

HAYES GYM

- 16,500 SQ FT
- OCCUPANCY: 900
- USED FOR 4TH CLASS MILITARY MOVEMENT INSTRUCTION, INDOOR OBSTACLE COURSE TEST (IOCT), COMPANY ATHLETICS & CLUB SPORTS
- BRIGADE BOXING OPENS
- INDOOR TRACK
VENUE SPECIFIC INFORMATION

3RD FLOOR WEIGHT ROOM

- 8,000 SQ FT
- USED FOR LIFETIME SPORT INSTRUCTION (STRENGTH DEVELOPMENT) & GENERAL CADET USE
- OVER 40 PCS. OF MUSCULAR FITNESS EQUIPMENT
VENUE SPECIFIC INFORMATION

COMBAT WATER SURVIVAL LAB:

- POOL DIMENSIONS: 25 YDS X 15 YDS
- WATER DEPTH: 4FT, 6 IN to 8FT, 4 IN.
- USED FOR 4TH CLASS AQUATICS INSTRUCTION
- EQUIPPED FOR ENVIRONMENTAL CHANGES:
  - WAVE GENERATOR (ROLLING & DIAMOND)
  - STROBE LIGHTING
  - RAIN GENERATION
  - SMOKE GENERATION
  - SOUND SYSTEM
VENUE SPECIFIC INFORMATION

WRESTLING ROOM

- 7,000 SQ FT
- HOME OF ARMY WRESTLING TEAM
- ARMY WRESTLES AT THE DIVISION I LEVEL PRODUCING 18 ALL-AMERICANS
- CONSIDERED ONE OF THE LARGEST WRESTLING ROOMS IN THE U. S.
- RET GEN NORMAN SCHWARZKOPF WRESTLED FOR ARMY & COACHED THE PLEBE TEAM TO AN UNDEFEATED SEASON IN ’55-56
CLASS OF 79 ROCK CLIMBING WALL

- GIFT FROM THE CLASS OF 1979
- 2,000 SQ FT
- 48 FT HIGH AND APPROX 100 FT LONG
- INCLUDES A BOULDERING COMPLEX THAT ENCIRCLES 360 DEGREES AROUND ROOM
- USED FOR 4TH CLASS MIL MVT, ROCK CLIMBING LIFETIME SPORT, AND PIAD
- INDOOR HOME OF THE ARMY MOUNTAINEERING TEAM
VENUE SPECIFIC INFORMATION

BOXING ROOMS

- SOUTH ROOM (3000 SQ FT)
- NORTH ROOM (2000 SQ FT)
- 2 LEVELS:
  LOWER - INSTRUCTIONAL
  UPPER – BOXING CLUB
- HEAVY BAG LIFT SYSTEM
- USED FOR 4TH CLASS BOXING INSTRUCTION, COMPANY ATHLETICS, AND CLUB BOXING
VENUE SPECIFIC INFORMATION

SPORTS MEDICINE COMPLEX

• CENTRAL REHABILITATION / RECONDITIONING ROOM SHARED BY 3 DEPARTMENTS, EACH OF WHICH HAVE THEIR OWN EVALUATION AND TREATMENT AREAS WITH OFFICES ON THE PERIMETER

• DPE SPORTS MEDICINE CARES FOR ALL CADETS INVOLVED IN PE CLASSES, COMPANY ATHLETICS, AND CLUB SPORTS

• MEDDAC PHYSICAL THERAPY PROVIDES PHYSICAL THERAPY FOR ALL CADETS

• ODIA CARES FOR ALL CORPS SQUAD ATHLETES
VENUE SPECIFIC INFORMATION

2ND AND 4TH FLOOR GYMNASIUMS

- 20,000 SQ FT EACH
- OCCUPANCY: 1,000
- 4TH FLOOR NCAA REGULATION SIZE COURTS
- USED FOR UPPER CLASS LIFETIME SPORT INSTRUCTION, COMPANY ATHLETICS AND CLUB SPORT PRACTICES/ COMPETITIONS
  - BASKETBALL
  - VOLLEYBALL
  - PICKLEBALL/BADMINTON
VENUE SPECIFIC INFORMATION

CLASS OF 62 ROOM

- 15,000 SQ FT
- GIFT OF CLASS OF 1962
- USED FOR GENERAL CADET AND USMA COMMUNITY FITNESS
- 50+ PIECES OF CARDIO EQUIPMENT W/ CARDIO THEATER
- FULL LINE OF PLATE-LOADED AND SELECTORIZED EQUIPMENT
- FULLY EQUIPPED FUNCTIONAL FITNESS TRAINING AREA
- DEDICATED SIT-UP, PUSH-UP, AND STRETCHING AREAS
CRANDALL POOL

- 13,000 SQ FT
- WATER DEPTH: 8FT – 18FT
- FEATURES A 6.5M & 10M PLATFORM
- USED FOR 4TH CLASS AQUATICS INSTR, LIFETIME SPORT INSTR (SCUBA, WATER SAFETY)
- HOME OF ARMY NCAA DIV 1 SWIMMING & DIVING PROGRAMS
- ADDED TO FACILITY IN 1971
- HOSTED THE 1972 US OLYMPIC SWIMMING TRIALS. AT ONE TIME MARK SPITZ HELD ALL POOL RECORDS, & STILL HOLDS ONE
VENUE SPECIFIC INFORMATION

INTRAMURAL POOL

- 8,000 SQ FT

- WATER DEPTH: CONTINUOUS 6’7”

- USED FOR 4TH CLASS AQUATICS INSTRUCTION, COMPANY ATHLETICS (SWIMMING) AND CLUB SPORTS (WATER POLO AND TRIATHLON)

- CAN BE CONFIGURED TO SUPPORT 25 YARD OR 25 METER COURSES

- STATE OF THE ART TIMING/SCORING SYSTEM
VENUE SPECIFIC INFORMATION

RACQUETBALL COURTS

- 6 STATE OF THE ART RACQUETBALL COURTS
- COURSE USE IS BASED ON A FIRST COME FIRST SERVED BASIS
- PROPER EYE PROTECTION IS REQUIRED
QUESTIONS