

MARION MILITARY INSTITUTE



2019-2020 PHYSICAL FITNESS FACILITIES

Marion Military Institute Physical Fitness Facilities

Marion Military Institute (MMI) will provide Cadets as much access to all athletic and exercise facilities, areas and routes for personal physical training as is possible, practical, and to the extent safety considerations allow. Cadet safety is paramount when using MMI physical fitness facilities and equipment, and when conducting physical fitness training. The following are usage and safety guidelines.

1. Cadets may not use the MMI weight room without the supervision by an MMI employee such as the gym attendant or athletic coach.
2. Cadets may not use the Ireland Athletic Facility aquatic center (pool) without a certified life-guard, which may be a Cadet.
3. Cadets using the Ireland Athletic Center or the Alumni Gym must be accompanied by an MMI employee such as TAC officer, faculty sponsor, coach, or gym attendant.
4. Cadets using the track or stadium facilities should let their TAC or chain of command know where they are and how long they will be on the track or the stadium.
5. Cadets may not use Prior Drive for personal physical training during the hours of darkness (before sunrise and after sunset).
6. Cadets may use the sidewalks and roads marking the perimeter of the MMI main campus for personal physical training at any time.
7. Cadets conducting physical training on any sidewalk or road at any time requires Cadets to wear, at a minimum, a reflective belt and MMI PT clothes.
8. Cadets should run facing traffic when running on the roads in order to see and avoid oncoming traffic.
9. Cadets must have a "battle buddy" when conducting any kind of physical training, whether running or weight training.
10. Cadets conducting any personal training beyond the main campus such as the stadium, track, Prior Drive, etc., requires that the chain of command be notified where the training will be and for how long.
11. Cadets conducting physical training off campus should be hydrated and/or have water available, and must take a cell phone.

MMI Physical Training Facility POC Information

Ireland Athletic Center Pool: SFC James, phone (334) 302-1039 (office) (334) 412-1117 (cell).

Alumni Gym/Weight Room: Ms. Fanninet Suttles, phone (334) 683-2306 ext 262.

Robinson Stadium/Track: 1SG Dunfee, phone (334) 302-1420 (office) (912) 271-0825 (cell).

Rappel Tower/Climbing Wall: 1SG Mennig, phone (205) 657-9755.

All Athletic Team Facilities: Dr. Ivey, phone (334) 683-2359

Planner/supervisor, all Physical Training Facilities: LTC(R) Darrell Martin, phone (334) 302-1015 ext 245.

Firing Range – 1SG Magnus, phone (601) 310-7838.

Pool hours:

M-F 1500 to 1700.

Weight Room hours:

Sun 1100 to 1800 (flexible based on Sat. schedule)

Mon-Thurs 0800 to 1100, then 1300 to 1800

Fri 0800 to 1100, then 1300 to 2000

Sat 0900 to 1800 or 2000 (depending on usage).

Robinson Gym and track:

Open 24 hours, but must be scheduled and/or de-conflicted with 1SG Dunfee.

Firing Range:

Tues & Thurs 1300 to 1600. Faculty and staff may coordinate with 1SG Magnus for additional hours.

All athletic facility hours are subject to change in order to maximize cadet usage. Hours are limited only by the availability of attendants or lifeguards, and Cadets' schedules.