



UMA Ranger Team

Policies and Regulations

Mission: The goal the Utah Military Academy (UMA) Ranger Team is to promote leadership, physical fitness and sportsmanship through physical training and competition.

The Team: The Ranger Team is not a cadet run program. It is a physical fitness based competition team ran and coached by highly experienced individuals appointed by the UMA administration. The team will consist of those cadets selected by the coaches. Coaches will select teams based on three factors, Attitude, Academics, and Ability. At minimum cadets must be able to run 5 kilometers and perform pushups and sit ups with no physical limitations or assistance. The team is open to all cadets of all ages who meet the selection criteria.

Competition Teams: Prior to each competition the coaches will select those cadets who have demonstrated attitude, academics, and ability necessary for the given competition. Teams are formed solely at the discretion of the coaches. No team or team members will be selected by the cadet(s).

Commander: Team Commander and Vice Commander will be appointed by coaches for the season.

Ranger Scroll: The UMA Ranger Scroll is authorized for temporary wear by those cadets meeting the below criteria:

1. Be a current member of the Ranger Team in good standing.
2. Current attendance of 80% of Ranger Team practices for the given school year.
3. 2.0 GPA with no failing grades or unsatisfactory citizenship for the given school year.

Cadets who meet the below criteria will be awarded the UMA Ranger Team Scroll as a permanent award.

1. Must attend 80% of Ranger Team practices during a given school year.
2. Must maintain a 2.0 GPA with no failing grades or unsatisfactory citizenship.
3. Must run a 5k with 20 lb. ruck in less than 35 min.
4. Must have no disciplinary actions taken against them during the given school year.

The UA Ranger Team scroll can be revoked for any cadet who betrays the UMA Ranger creed or violates school policy resulting in the disciplinary action by administration. UMA administration and the Ranger Team coaches reserve the right to modify the scroll requirements if necessary.

UMA Ranger FAQ

What are the Rangers?

The UMA Rangers is a competition team that competes in various physically demanding competitions. Examples are physical fitness, orienteering, and cross country running.

Is the UMA Ranger Team cadet run?

No, the UMA Ranger Team is coached by SMSgt Keller, SGT Rhodes and Mr. Humes. Cadets will be selected as Commander and Vice Commander to be team captains during various competitions. As a Team Commander/Vice Commander cadets will provide leadership to their team during competition.

How are the Rangers organized?

The Ranger team is broken into two groups.

Competition Team(s): These are those cadets selected to compete in the primary competition.

Alternates: Are those cadets who were not selected to compete but wish to train and continue trying to make the competition team.

If I am an alternate, does that mean I will never compete?

No, alternates will still have the opportunities to compete in orienteering and other competitions.

I am in 7th grade, can I join the Rangers?

The UMA Rangers are open to any cadet grade 7-12 (although certain competitions are limited to only those cadets in grades 9-12).

Are Ranger practices difficult?

The UMA Ranger Team is a very physically demanding organization. Cadets wishing to participate should already be somewhat physically active. Cadets who have not done much physical training in the past will find Rangers extremely challenging. Cadets can expect to experience physical training in a disciplined environment.

I have an injury/disability; does that preclude me from Rangers?

Again UMA Rangers is extremely demanding physically. Cadets are required to obtain a sports physical prior to joining. Although the UMA Rangers do not discriminate based on disability a cadet must be able to at a minimum: perform pushups, sits-ups, and run at least 5 kilometers. If you have questions concerning your physical limitation contact UMA administration for more information on the Ranger requirements.

Are females allowed to be a UMA Ranger?

Yes, females are strongly encouraged to participate in UMA Rangers?

What determines who makes the competition teams and when are they selected?

This is not a simple answer. The coaching staff decides who will be selected for the competition team(s). This is based on attitude, ability, and academics. Competition teams will be re-selected for each major competition. This will happen approximately three times a year. Each competition has specific requirements and the teams will be selected based on that particular competition.

How often are practices?

Rangers meet after school at 3:15 pm. It is required that cadets attend at least three (Monday/Tuesday/Thursday) practices a week, during competition season and twice a week (Tuesday/Thursday) in the off season. Occasionally there will be required Saturday practices or team building events. The coaches will try to provide as much lead time as possible for Saturday practices. A full training schedule will be provided to those cadets selected for the Rangers.

Will I make it as a UMA Ranger?

That depends on your attitude. UMA Rangers requires cadets to be physically fit, follow directions, have a positive attitude, and desire to excel. If you are willing and able to work hard and push yourself, you could make it as a UMA Ranger.

If you feel you have what it takes to be a UMA Ranger tryouts will begin August 2018.

UMA Rangers

“Lead the Way!”