Happy October, and welcome back to the Flyover! September flew by as Air Force ROTC Detachment 390 dove headfirst into weekly operations and additional training events. From welcoming a new class of cadets to executing a five-detachment wide weekend exercise, The Flyover will catch you up on all the details of this past month.

**Leadership Laboratory (LLAB)**

Weeks 1 through 5 covered a variety of topics ranging from Open Ranks Inspections, Flight Drill Evaluations, and marching. Our first year cadets have rapidly improved over these five weeks, and our second year cadets have reviewed and charged forward in preparation for Field Training. In LLAB 5, the Detachment officially inducted our newest class from candidacy to cadethood. (photos below)

**Big House Workouts**

Twice in the first month of school, all three ROTC units joined forces to execute physical training in the Big House! On September 11, over 100 cadets and midshipmen ran 2,200 stairs in Michigan Stadium in remembrance of the brave first responders who gave their lives twenty-two years ago. Two weeks later, we came together again to enjoy a morning filled with sports on the legendary Michigan Wolverines’ home turf. (first and third photos below)

**Tri-Service Color Guard**

Each weekend of September, a new set of cadets and midshipmen had the opportunity to serve on the tri-service color guard for Michigan football games. At the beginning and end of each event, cadets and midshipmen raise and lower the flag that flies over every game. During the tailgate, cadets and midshipmen also have the opportunity to meet the Veteran of the Game and network with Michigan Football alumni. (second photo above)

**Field Leadership Exercise (FLX)**

Over the course of a weekend, Detachment 390 hosted cadets from five different AFROTC detachments across the AFROTC Northeast Region in a weekend-long training exercise. The day started with flag-raising and Reveille procedures, followed by an objective-based dodgeball tournament. After dodgeball, cadets practiced small unit tactics through paintball scenarios. They also had the opportunity to practice leadership skills, teambuilding, and problem-solving at the Leadership Reaction Courses and obstacle courses. (photos below)

**War for the Sword**

During the final weekend in September, our cadets made the 6 hour trek to the University of Illinois at Urbana-Champaign to compete in their annual “War for the Sword”, a multi-event track-and-field style competition. Cadets competed against nine detachments in events ranging from tug-of-war, a deadlift competition, ultimate frisbee, rucking, a 4x4 relay, and an Iron Man/Woman race (1 mile, 300 squats, 200 push-ups, 100 sit ups, followed by another 1 mile run). Detachment 390 ended up bringing home some hardware, as Cadet Ellie Dai was awarded the Chief’s Shield, given to a single cadet at the competition who best exemplified warrior spirit, good sportsmanship, and the Air Force core values. (photos below)