

GEORGIA

ARMY NATIONAL GUARD ★

1-800-GO-GUARD ★ nationalguard.com

RECRUIT SUSTAINMENT PROGRAM (RSP) SMART CARD

EDUCATION BENEFITS

FAMILY RESOURCES



SERVICE-CANCELABLE LOAN (SCL):
GAARNG G1 EDUCATION

Military Family Support Branch (MFSB)
MILITARY ONESOURCE



GI BILL (CH.1606):



NOTIFY RSP IF YOU HAVE:

- a. Any new tattoos that you receive
- b. Any change to marital status or Dependents
- c. Any changes to your bank account for military pay BEFORE you close out your old account
- d. Any medical issues, doctor visits, counseling, or changes in medications.
- e. Any police or court involvement including traffic tickets, fines, court dates or restitutions made.
- f. Any changes to your address or phone numbers: cell or home.

RSP Contact #:

ARMY TUITION ASSISTANCE (TA):



ARMY CREDENTIALING ASSISTANCE

ADMINISTRATION



IPPS-A



iPERMs

HEALTH INSURANCE

PAY & ALLOWANCES



TRICARE Reserve Select (TRS):



Pay Calculator



MyPay

RETIREMENT SYSTEMS

BASIC TRAINING



BRS



Thrift Savings



What to Expect



ACFT

PROMOTIONS

Service Promotions

Promotion to PV2, PFC, and SPC is automatic upon attainment of Soldier eligibility and are made automatically by the HR system of record, which defaults to "Promotion Select."

Eligibility criteria for automatic (RA and USAR) or immediate (ARNG) promotion to PV2, PFC, and SPC is as follows:

- (1) Promotion to PV2 is 6 months TIS.
- (2) Promotion to PFC is 12 months TIS and 4 months TIG.
- (3) Promotion to SPC is 24 months TIS and 6 months TIG.

Waivers for TIS and TIG—

- (1) Promotion to PV2 may be waived at 4 months TIS.
- (2) Promotions to PFC may be waived at 6 months TIS and 2 months TIG.
- (3) Promotions to SPC may be waived at 18 months TIS and 3 months TIG.

Promotion based on stripes for buddies

Soldiers who refer qualified applicants who subsequently enlist in the ARNGUS, RA, or USAR may be promoted, without regard to other promotion criteria, to PV2 or PFC.

- (1) PV1 to PV2 upon enlistment of one qualified NPS applicants, or from PV2 to PFC upon enlistment of two NPS applicants (includes the one applicant who enlisted as PV1 from PV1 to PV2).
- (2) PV2 to PFC upon enlistment of one qualified NPS applicant.



PROMOTIONS

Promotion based on stripes for skills

NPS Soldiers who are part of a pre-initial military training program (Recruit Sustainment Program) will be promoted when the Soldiers meet the requirements listed on the below scorecard.

This provision can only be used to promote Soldiers from PV1 to PV2.

 ARMY NATIONAL GUARD
STRIPES FOR SKILLS PROGRAM

Name and Rank:		Unit:	Date:
Required Task:		Initials/Date of Completion:	
Administrative Prep			
- Established Bank Account and Started Direct Deposit - Set up MyPay Account			
Military Time			
Correctly read and respond using military time			
Drill and Ceremonies			
- Execute the Position of Attention - Execute the Hand Salute - Know Who and When to Salute			
* Execute Rest Position			
- Parade Rest - At Ease - Stand at Ease - Rest			
* Execute Facing Movements at the Halt			
- Right Face - Left Face - About Face			
* Marching			
- Forward March - Half Step - Change Step - Column Left - Column Right - Halt			
Recite General Orders			
- First General Order - Second General Order - Third General Order			
Identify Rank Structure			
- Enlisted - Officer			
Phonetic Alphabet			
Know/Recite Phonetic Alphabet			
First Aid			
- Evaluate a Casualty - Perform First Aid and Practice Individual Preventative Medicine Countermeasures - Perform First Aid for Bleeding Extremity - Perform First Aid for Spraining a Fracture			
Land Navigation			
- Identify Terrain Features on a Map - Determine Grid Coordinates on a Map - Measure Distance on a Map			
Army Combat Fitness Test (ACFT) Must achieve 50 points or more in each event to pass			
Event	Score	Points	
- Repetition Maximum Deadlift - Standing Power Throw - Hand Release Push-Ups - Sprint-Drag-Carry - Leg Tuck - Two-Mile Run			
Basic Lead Qualification Skills (APPLE-MD)			
Can identify qualifications in all Seven Categories			

- Score Warrior a **GO** if the task is performed successfully (Sustainment training should continue during all succeeding months)
- Score Warrior a **NO-GO** if the Warrior fails one or more areas and the instructor cannot correct the deficiency on the spot (Retraining required at next military formation)

Trainer/Graders Signature/Rank/Position

Commander's Signature/Rank for Verification

SCREENING & ASSESSMENTS

MEN

MyBaseGuide
ARMY WEIGHT
STANDARDS



HEIGHT (INCHES)	MINIMUM WEIGHT (lbs.)	MAX WEIGHT (17-20)	MAX WEIGHT (21-27)	MAX WEIGHT (28-39)	MAX WEIGHT (40+)
60	97	132	136	139	141
61	100	136	140	144	146
62	104	141	144	148	150
63	107	145	149	153	155
64	110	150	154	158	160
65	114	155	159	163	165
66	117	160	163	168	170
67	121	165	169	174	176
68	125	170	174	179	181
69	128	175	179	184	186
70	132	180	185	189	192
71	136	185	189	194	197
72	140	190	195	200	203
73	144	195	200	205	208
74	148	201	206	211	214
75	152	206	212	217	220
76	156	212	218	223	226
77	160	218	223	229	232
78	164	223	229	235	238
79	168	229	235	241	244
80	173	234	240	247	250

WOMEN

MyBaseGuide
ARMY WEIGHT
STANDARDS



HEIGHT (INCHES)	MINIMUM WEIGHT (lbs.)	MAX WEIGHT (17-20)	MAX WEIGHT (21-27)	MAX WEIGHT (28-39)	MAX WEIGHT (40+)
60	97	128	129	131	133
61	100	132	134	135	137
62	104	136	138	140	142
63	107	141	143	144	146
64	110	145	147	149	151
65	114	150	152	154	156
66	117	155	156	158	161
67	121	159	161	163	166
68	125	164	166	168	171
69	128	169	171	173	176
70	132	174	176	178	181
71	136	179	181	183	186
72	140	184	186	188	191
73	144	189	191	194	197
74	148	194	197	199	202
75	152	200	202	204	208
76	156	205	207	210	213
77	160	210	213	215	219
78	164	216	218	221	225
79	168	221	224	227	230
80	173	227	230	233	236

OCCUPATIONAL PHYSICAL ASSESSMENT TEST (OPAT)



FOUR-PART TEST

Standing Long Jump

Strength Deadlift

Seated Power Throw

Interval Aerobic Run

4 SCORING LEVELS

Heavy ★★★	Infantry, Armor and Artillery
Significant ★★	Engineer and air defense
Moderate ★	Most healthcare and admin jobs
Unqualified	Does not meet physical demands

WHY IT MATTERS TO YOU

Tests physical potential	Predicts likelihood of injuries
Serves as a gender-neutral standard for all occupations	
Puts the right person in the right job based on physical aptitude	
Reduces attrition	Increases potential for recruit success

