The USMC HITT for Small Unit Leaders course (HITT SUL) is a comprehensive, combat-focused strength and conditioning program designed to enhance a Marine's physical development, combat readiness, and resilience. The program emphasizes critical fitness components, including speed, power, strength, flexibility, and endurance, to optimize overall combat performance. HITT aims to reduce the risk of injury and ensure Marines are physically prepared for real-time tactical operations in theater.

Pre-Requisites:

- ☐ E4 or above
- ☐ 1st Class PFT (current)
- ☐ 1st Class CFT (current)
- ☐ SEMPER FIT BASIC FITNESS COURSE
- ☐ SEMPER FIT ADVANCED FITNESS COURSE
- ☐ Not assigned BCP, Limited/Light Duty within the past 6 months
- ☐ Ability to attend the 5-day course in its entirety

COURSE INFORMATION:

LOCATION: DATES:

PARTICIPANT INFORMATION:

PARTICIPANT'S NAME *(Last, First):*

RANK: MALE: ☐ FEMALE: ☐ COMMAND: EDIPI:

EMAIL: WORK PHONE: CELL PHONE:

EMERGENCY POINT OF CONTACT:

EMERGENCY CONTACT PHONE #:

PHYSICAL READINESS AUTHORIZATION

Current 1st CLASS PFT & CFT - ATTACH BASIC TRAINING RECORD:

NOT ASSIGNED TO BCP, LIGHT OR LIMITED DUTY WITHIN THE LAST 6 MONTHS:

S3 NAME: _____

S3 SIGNATURE: _____

COMMAND PARTICIPATION AUTHORIZATION

I authorize the above service member to participate in the HITT for Small Unit Leaders Course and acknowledge that they are required to attend all five days of the course. I release them from regular duties for the duration of the course and authorize their full participation in its entirety. I will hold them accountable for meeting this commitment.

NAME (*Last, First*): RANK (*must be E-6 or above*):

COMMAND: WORK PHONE:

CELL PHONE: EMAIL ADDRESS:

AUTHORIZING COMMAND SIGNATURE: _____ DATE: _____

Completed forms can be emailed to **mccshealthpromotions@okinawa.usmc-mccs.org** or delivered in person to the Health Promotion Staff at Building 970 on Camp Foster. All required documents must be submitted at least one week before the course start date. Late submissions will not be accepted.

Required Documents:

1. HITT SUL Course Application – must be complete with all signatures
2. Basic Training Record – must have your name and EDIPI
3. SEMPER FIT BASIC FITNESS COURSE (MCI 4133A) Certificate
4. SEMPER FIT ADVANCED FITNESS COURSE (MCI 4134A) Certificate

Marines and Sailors are required to attend the full duration of the course. Any participant who misses any portion of the course will be automatically removed and must register for a future session.

Completion of this form does not guarantee or reserve a spot in the course. Registration is only confirmed upon approval by the Supervisory Performance Coach or Program Manager. Class size is limited.

This course is exclusively available to active-duty and reserve members of the Marine Corps and Navy. Participants who successfully complete the course will receive a WARR Tactical Fitness Leadership certificate.

SORN NM01700-1 **PRIVACY ACT STATEMENT**

Authority: 10 USC 5013; 10 USC 5041; 26 USC 6041

Principal Purpose: To provide for the administration of programs devoted to the mental and physical well-being of authorized Patrons, to include: Expenditure tracking; emergency contact information; and Activity level determination by sports facility personnel.

Routine Uses: a. Provides emergency contact information when needed. b. Allows for the assessment of authorized patrons into appropriate level of activity to minimize the risk of injury and maximize client well-being. c. Serves as the program record for all accounting functions.

Disclosure: Disclosure of personal information is voluntary. However, if requested information is not provided, participation in the HITT Course will not be approved.

Marine Corps Community Services (MCCS) Okinawa
Semper Fit – Liability and Publicity Release Form

In consideration of being permitted to participate in MCCS Semper Fit programs, classes, events, or activities, I, the undersigned participant (or parent/legal guardian if participant is a minor), acknowledge and agree to the following:

1. Assumption of Risk and Waiver of Liability
I understand that participation in physical fitness activities—including but not limited to cardiovascular exercise, strength training, flexibility, and recreational sports—carries inherent risks, including injury, illness, or death. These risks may arise from equipment use, facility conditions, environmental factors, or participant actions. I voluntarily assume all such risks.

I hereby waive, release, and forever discharge the U.S. Government, U.S. Marine Corps, MCCS, and their officers, agents, employees, contractors, volunteers, and affiliates from any and all claims, liabilities, or damages arising from participation, including those caused by negligence.

2. Indemnification
I agree to indemnify and hold harmless MCCS and its affiliates from any loss, liability, or expense resulting from my participation, including any claims brought by third parties.

3. Health and Fitness Certification
I certify that I am physically sound and free from any condition that would prevent safe participation. I have had the opportunity to ask questions, and all questions have been answered to my satisfaction.

4. Publicity Release
I grant permission for MCCS to photograph, videotape, or otherwise record my participation for use in promotional materials, publications, or social media. I waive any rights to compensation or approval of such use.

5. Agreement to Policies
I agree to abide by all MCCS Semper Fit policies and instructions provided by staff. Failure to comply may result in removal from the activity or facility.

Participant Name (Printed):

Participant Signature: **Date:**