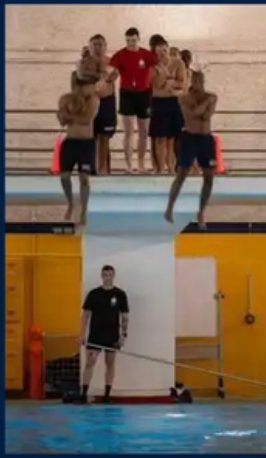




# National Museum of the American Sailor

January 2023  
Newsletter



New year, new you? Focusing on physical fitness is a common New Year's resolution for civilians and sailors alike. In the Navy, fitness is of the utmost importance. From the moment a recruit arrives at bootcamp, sailors are expected to invest in their health and athleticism. In this month's newsletter, discover how Recruit Training Command gets sailors into tip-top shape, explore how the Navy's fitness program has evolved over the years, and take a look back at PT uniforms from the 1990s and 2000s.

Exercise is "an aid to vigor of mind, and above all, to vigor of character."

- PRESIDENT THEODORE ROOSEVELT, 1909

## Sailor Spotlight: OS2 Jessica Fong



Down the road from NMAS, the instructors at Recruit Training Command (RTC) work diligently to transform civilians into sailors, especially in regards to physical fitness. Operations Specialist 2nd Class Jessica Fong is an instructor at Freedom Hall, RTC's physical training facility. At Freedom Hall, Fong's job is to "train recruits to be physically fit for the Navy by facilitating RTC's Physical Readiness Test (PRT)." She and fellow instructors work together over the recruit's ten weeks in

bootcamp to successfully transform the recruits' bodies.

For some recruits, this transition takes the full 10 weeks. OS2 Fong explains, "It's a big difference from recruits just starting boot camp to when they're finishing. They come to their Pacers, sometimes only being able to do two pushups, some can't even do a pushup correctly. It's crazy to see that. And then once you see them in their official PRT, they're getting scores that are actually passing scores and actually able to graduate."

## SeaPerch Registration Now Open

Do you have a middle school or high school student who loves building robots? Now's their chance to compete in the Navy Great Lakes Regional SeaPerch competition. Teams of students build remote operated vehicles and then put them to the test. [Find out more.](#)



EDUCATION  
AND EVENTS

Ready to compete? [Register today.](#)

## Upcoming Events



### **An Afternoon with Theodore Roosevelt Saturday, February 11 at 1:00 PM**

Before he was President, Theodore Roosevelt made a name for himself in the Spanish American War as the Assistant Secretary of the Navy and as a Rough Rider. Join actor Adam Lindquist for a first-person performance about Roosevelt's experiences during the war.

### **Doing Both: Pageant Queen and Navy LT Friday, March 10 at 6:30 PM**

What does a former pageant queen and current social media influencer have in common with a Navy officer? Turns out, everything!

LT Kellie Sbrocchi gives an inspirational talk about how she does it all, serving as a mentor and leader for a 21st century Navy.



## Blog Post: Drop And Give Me Twenty!

Did you know we have President Theodore Roosevelt to thank for the Navy's Physical Fitness Assessment (PFA)? The avid sports and fitness enthusiast was horrified by the lack of physical fitness he observed in Navy officers around the turn of the twentieth century. As a result, he pushed for regular fitness training and assessments

for officers and enlisted alike.

Mid-month, join museum volunteer LT Jamieson P. for a deep dive into the history of the Navy's physical fitness program.

[Read the blog on Sailor's Attic](#)



COLLECTIONS  
AND  
RESEARCH

## Artifact Spotlight: PT Uniforms, ca. 1993 and 2008

Early sailors honed their physical fitness on the job, heaving heavy lines and sails. But as the Navy embraced new technologies, sailors moved away from the physical demands of the sea.

Recognizing the lack of fitness in the early twentieth century, the Navy began requiring fitness regimes to ensure sailors stayed in prime physical shape.

Even though the Navy's fitness program is about 100 years old, it was not until 2007 that the Navy issued the first mandatory physical training uniform, designed to wick moisture and suppress odor. The yellow t-shirt and longer blue shorts even include a built-in ID pocket! Sailors praised the new look, a marked improvement over the former, optional fitness getup of the 1990s. The museum holds both the white and yellow uniforms in our collection.



## The Lobby Looks Shipshape

It's here! After nearly two years of meetings, design, and fabrication, the museum's lobby makeover is complete thanks to a new ship-like desk. The museum's Exhibit Specialist worked with Ravenswood Studios, out of Lincolnwood, IL, to design and build the impressive structure. The metal hull evokes the steel ships of the early twentieth century, while the wooden feature wall behind the desk represents the Navy's earlier, wooden era.

In the new year, all museum visits begin with a stop at the ship desk and a friendly welcome from the museum's volunteers.

Any guesses about what the exhibits team has in store for 2023?



## EXHIBITS

## New Year, New Volunteer Opportunities!

It's a New Year, so that means 365 days to start fresh and work on those resolutions. If one of your goals for 2023 was to give back to your local community then look no further: the National Museum of the American Sailor has volunteer opportunities for you! Check out our [website](#) for our [latest opportunities](#) and how you can get involved today!



## VOLUNTEERS AND OUTREACH

**THE NATIONAL MUSEUM OF  
THE AMERICAN SAILOR**

# **WE ARE RECRUITING NEW VOLUNTEERS!**

**SATURDAY  
OPPORTUNITIES  
AVAILABLE!**

Help us tell the story of the United States Navy's enlisted sailor! The National Museum of the American Sailor has a wide variety of positions available to volunteers. There are several new and exciting volunteer opportunities. We're currently in need of volunteers to help as:

- Exhibits and Facilities Assistant
- Front Desk Greeter(s)

**INTERESTED IN COMING ABOARD?**

**REACH OUT TO US AT:  
(847) 688-3154 X215 OR  
NHHC\_NMAS@US.NAVY.MIL**

