



# ARMY CADET COURSES

PACIFIC REGION—ARMY CADET SUMMER COURSES

2019

## GENERAL INFORMATION

All cadets applying for cadet training must be medically fit and submit an application for summer training. Due to the remote location of some Cadet Training Centres (CTCs), cadets with severe allergies or other medical conditions that may require rapid medical attention may be precluded from attending certain courses.

The cadet must have successfully completed the required training level, and also meet any other prerequisite(s) specific to the course(s) for which the application is made.

A cadet's 19th birthday must occur after the return travel date.

Cadets who report for summer training and are found not to meet course prerequisites may be returned to unit.

A training bonus of \$10 per day is paid to every cadet for each day of training they complete (to a weekly maximum of \$60, and a course maximum of \$360). Depending on the course and CTC, this may be paid upon completion of the course, or portions of the bonus may be paid during the course.

## FAMILIARIZATION COURSE

**General Training Course** - This two-week course is intended for cadets 12-14 years of age who have completed their first year of cadet training. It introduces the cadet to life at a cadet training centre (CTC) with a focus on the opportunities available through Army Cadet Training. Activities include: team-building, air-rifle range, tours, expedition training, recreational sports, swimming, music training, general knowledge and citizenship.

**Prerequisites:** Must be medically fit, and have completed Green Star.

**Training Centre: Vernon CTC (Vernon, BC)**

## DRILL AND CEREMONIAL COURSES

**Basic Drill and Ceremonial Course** - The aim of this three-week course is to provide cadets an opportunity to build on drill learned at the corps, participate in advanced drill and ceremonial activities, and to develop leadership skills and knowledge; while performing the role of a team leader. Activities include commanding a squad on parade, drill with arms, flag drill, and marksmanship training. By establishing a dynamic learning environment that exposes the cadet to a variety of followership, teamwork and leadership opportunities, this course will inspire the cadets to further pursue leadership training at the Corps and on the Drill & Ceremonial Instructor course.

**Prerequisites:** Must be medically fit. Cadets applying for this course should be 13–15 years of age, and have successfully completed Red Star.

**Training Centre: Vernon CTC (Vernon, BC)**

**Drill & Ceremonial Instructor Course** - The aim of this six-week course is to develop a specialist with the skills and subject matter knowledge required to be an instructor for drill and ceremonial activities. The aim will be accomplished by further developing instructional techniques, leadership and drill and ceremonial related specialist skills and knowledge that will allow them to perform the duties of a specialist instructor for ceremonial activities. This course will prepare the cadets to assume a specialist parade position at the Corps and CTCs.

**Prerequisites:** Must be medically fit. Cadets applying for this course should be 14–17 years of age, and have successfully completed Silver Star.

**Training Centre: Vernon CTC (Vernon, BC)**

## FITNESS AND SPORTS COURSES

**Basic Fitness & Sports Course** - The aim of this three week course is to provide cadets with the fundamentals of fitness and recreational sports training, building upon what has been experienced at the Corps. This aim will be accomplished through the development of skills and the provision of ample opportunity for practical application. The course will promote the development of ethical sports conduct, sportsmanship and teamwork. By establishing a dynamic learning environment that exposes the cadets to a variety of fitness and recreational sports opportunities. The cadets will be provided with the basic theoretical, technical, and practical skills required to assist in the delivery of the Corps fitness and recreational sports training program.

**Prerequisites:** Must be medically fit and be motivated to increase personal fitness. Cadets applying for this course should be 13–15 years of age, and have successfully completed Red Star.

**Training Centre: Vernon, (Vernon, BC)**

**Fitness and Sports Instructor Course** - The aim of this six-week course is to develop a specialist with the skills and subject matter knowledge required to perform the role of a fitness and sports instructor and a team leader for fitness and sports activities conducted at the Corps, during regionally directed activities and/or as a staff cadet at a CTC. The aim of the course will be accomplished by providing dynamic and challenging training that includes ample opportunity for practical application. The cadets will learn theoretical and technical skills required to deliver the Corps physical education and recreational training program as specialist instructors. This course will ensure that the cadets are adequately prepared to face challenges at the Corps and as Staff Cadets at the CTCs.

**Prerequisites:** Must be medically fit and have achieved the overall fitness incentive level bronze, Cadets applying for this course should be 14–17 years of age, and have successfully completed Silver Star.

**Training Centre: Albert Head, (Victoria, BC)**

## EXPEDITION TRAINING

**Basic Expedition Course - Basic Expedition Course** - The aim of this three-week course is to provide cadets with the fundamentals of expedition training, building upon what has been taught in Red Star of the Corps program. This aim will be accomplished through the development of knowledge and skills, and the provision of ample opportunity for practical application. By establishing a dynamic learning environment that exposes the cadets to the various aspects of a 5-day Expedition, this course will inspire the cadets to further pursue Expedition training opportunities at the Corps and on the Expedition Instructor Course.

**Prerequisites:** Must be medically fit and be motivated to increase personal fitness. Cadets applying for this course should be 13-15 years of age and have successfully completed Red Star training

**Training Centre: Vernon CTC (Vernon, BC)**

**Expedition Instructor** - The aim of this six-week course is to develop a specialist with the skills and subject matter knowledge required to be an instructor and team leader for Expedition activities within the Army cadet program. The aim will be accomplished by providing dynamic and challenging training that offers ample opportunity for practical application during a 18-day Expedition. The cadets will learn advanced theoretical and technical skills required to assist in the delivery of Expedition Training at the Corps. This course will ensure the cadets are adequately prepared to face challenges at the Corps and as staff cadets.

**Prerequisites:** Must be medically fit, have completed Silver Star training and have achieved the overall fitness incentive level bronze, as detailed IAW CATO 40-01 and CATO 14-18. Cadets applying for this course should be 14-17 years of age.

**Training Centre: Vernon CTC or Whitehorse CTC (Vernon, BC or Whitehorse, YK)**

## MARKSMANSHIP COURSES

**Basic Marksman Course** - The aim of this three-week course is to provide cadets with the fundamentals air rifle marksmanship, building upon what has been experienced at the Corps. The course will promote the development of marksmanship competition, sportsmanship and teamwork. The cadets will be provided with the basic theoretical, technical, and practical skills required to assist in the delivery of the Corps marksmanship program.

**Prerequisites:** Must be medically fit, have completed Red Star training and be motivated to pursue marksmanship training. Cadets applying for this course should be 13-15 years of age.

**Training Centre: Vernon CTC (Vernon, BC)**

**Air Rifle Marksmanship Instructor Course** - The aim of this six-week course is to develop individual air rifle marksmanship and summer biathlon specialty skills while reinforcing and further developing the leadership and instructional techniques skills preparing the cadets to support these two specialty activities at the Corps, during regionally directed activities and/or as a staff cadet at a CTC. The cadet will be provided with the necessary theoretical, technical, and practical skills required to monitor and instruct other cadets during marksmanship training at the Corps.

**Prerequisites:** Must be medically fit and be motivated to pursue marksmanship training. Cadets applying for this course should be 14–17 years of age, and have successfully completed Silver Star.

**Training Centre: Vernon (Vernon, BC)**

## MUSIC COURSES

**Military Band - Basic Musician Course** - The aim of this course is to participate in music training and military band activities, to prepare them to support corps music programs and related music activities. Course activities include maintaining a primary instrument, music theory, demonstrating rhythm skills, executing drill as a member of a band, and performing ensemble music as a member of a band as well as some aspects of Army Cadet training.

**Prerequisites:** Must be medically fit. Cadets applying for this course should be 13–15 years of age, and have successfully completed Red Star.

**Training Centre: Vernon CTC (Vernon, BC)**

**Military Band - Intermediate Musician Course** - The aim of this six-week course is to raise the cadet's musical skills to the standard of the next music proficiency level (level 1 or 2). This training is to develop the music proficiency of cadets and prepare them to support their Corps bands and related music activities. Instruction is also given in instrument maintenance & repair and other music-related skills, while the more senior levels also learn some Instructional Techniques relating to music.

**Prerequisites:** Must be medically fit. Cadets applying for this course should have obtained a Military Band Musician Level Basic, be 14–16 years of age, and have successfully completed Silver Star.

**Training Centre: Vernon CTC (Vernon, BC)**

**Military Band - Advanced Musician Course** - The aim of this six-week course is to raise the cadet's musical skills to the standard of the next music proficiency level (level 3-5). This training is to develop the music proficiency of cadets and prepare them to support their Corps bands and related music activities. During this course, instruction is also given in instrument maintenance & repair and other music-related skills, while the more senior levels also refine their Instructional Techniques relating to music.

**Prerequisites:** Must be medically fit. Cadets applying for this course should have obtained a Military Band Musician Level II, be 15–17 years of age, and have successfully completed Gold Star.

**Training Centre: Vernon CTC (Vernon, BC)**

**Pipe Band - Basic Musician Course** - The aim of this course is to participate in music training and pipe band activities, to prepare them to support corps music programs and related music activities. Course activities include maintaining a primary instrument, music theory, demonstrating rhythm skills, executing drill as a member of a pipe band, and performing ensemble music as a member of a pipe band as well as some aspects of Army Cadet training to help them in their future course selections of the Army CTC program.

**Prerequisites:** Must be medically fit. Cadets applying for this course should be 13–15 years of age, and have successfully completed Red Star.

**Training Centre: Rocky Mountain CTC (Cochrane, AB)**

## MUSIC COURSES cont...

**Pipe Band - Intermediate Musician Course** - The aim of this six-week course is to raise the cadet's musical skills to the standard of the next music proficiency level (level 1 or 2). This training is to develop the music proficiency of cadets and prepare them to support their Corps bands and related music activities. Instruction is also given in instrument maintenance & repair and other music-related skills, while the more senior levels also learn some Instructional Techniques relating to music.

**Prerequisites:** Must be medically fit. Cadets applying for this course should have obtained a Pipe Band Music Level Basic, be 14–15 years of age, and have successfully completed Silver Star.

**Training Centre: Rocky Mountain CTC (Cochrane, AB)**

**Pipe Band - Advanced Musician Course** - The aim of this six-week course is to raise the cadet's musical skills to the standard of the next music proficiency level (level 3-5). This training is to develop the music proficiency of cadets and prepare them to support their Corps bands and related music activities. During this course, instruction is also given in instrument maintenance & repair and other music-related skills, while the more senior levels also refine their Instructional Techniques relating to music.

**Prerequisites:** Must be medically fit. Cadets applying for this course should have obtained a Pipe Band Music Level Basic, be 15–16 years of age, and have successfully completed Gold Star.

**Training Centre: Rocky Mountain CTC (Cochrane, AB)**

## ADVANCED MARKSMANSHIP TRAINING

**Fullbore Marksman Phase I Course** - The aim of this six week course is to develop a specialist with the attitude, skills and subject matter knowledge required to participate in competitive fullbore marksmanship as an individual competitor. The cadet will be provided with the necessary theoretical, technical, and practical skills required to participate as a largebore 5.56mm rifle competitor. The cadet will participate in the Canadian National Cadet Fullbore Championship. Top performers will be selected from Phase I results to participate in Phase II training the following summer.

**Prerequisites:** Must be medically fit, have completed Silver Star training and be motivated to pursue marksmanship training. Cadets applying for this course should be 13-15 years of age. Cadets will be selected via a multi-stage postal shoot submitted to the RCSU for scoring.

**Training Centre: Connaught (Ottawa, ON)**

**Fullbore Marksman Phase II Course** - The aim of this seven-week course is to develop a specialist with the attitude, skills and subject matter knowledge required to participate in competitive fullbore marksmanship as a member of a competitive team. The cadet will be provided with the necessary theoretical, technical, and practical skills required to participate as a largebore 7.62mm rifle competitor. The cadet will participate in the Canadian National Cadet Fullbore Championship, the Ontario Rifle Associations' Provincial Fullbore Championship and the Dominion of Canada Rifle Associations' National Fullbore Championship. Top performers will be selected from Phase II results to participate in the Army Cadet National Rifle Team.

**Prerequisites:** Must be medically fit, have completed Gold Star training and be motivated to pursue marksmanship training and be invited to attend based on their standing on the Fullbore Marksman Phase I Course.

**Training Centres: Connaught (Ottawa, ON)**

## ADVANCED TRAINING

**Basic Parachutist Course** - The aim of this five-week course is to develop a specialist with the skills and subject matter knowledge required to be a CF Basic Paratrooper. The aim will be accomplished by cadet undertaking the Canadian Forces Basic Parachutist Course with the Canadian Forces Advanced Land Warfare Centre.

**Prerequisites:** be certified by a CF medical officer as being physically and mentally fit, must be 16 by 1 July of year of training and shall not have reached the age of 19 during the course, have no participation limitations which may preclude them from participating in intense level physical training activities in remote locations and in high altitudes, have achieved the minimum fitness requisite of 31 sit-ups & 7 chin-ups & a 1600 meter run in under 7:30 minutes, be motivated to pursue Parachute training activities, have completed Gold Star.

**Training Centre: CFB Trenton (ON)**

**Leadership and Challenge** - The aim of this six week course is to develop a specialist with the skills and subject matter knowledge required to be an instructor and team leader for Expedition activities within the Army cadet program. The aim will be accomplished by providing dynamic and challenging training that offers ample opportunity for practical application. The cadets will learn advanced theoretical and technical skills required to assist in the delivery of Expedition Training at the Corps. This course will ensure the cadets are adequately prepared to face challenges at the Corps and as staff cadets.

**Prerequisites:** Must be medically and physically fit, have no participation limitations which may preclude them from participating in intense level adventure training activities in remote locations and in high altitudes, have achieved minimum the Bronze Level of the Cadet Fitness Assessment Incentive Level, be motivated to pursue outdoor leadership and adventure training activities, have completed Gold Star. Priority will be given to Cadets with a higher ranking in the National Star of Excellence (NSE). Cadets applying for this course should be 15-17 years old.

**Training Centre: Rocky Mountain CTC (Cochrane, AB)**

## EXCHANGES

**Royal Canadian Army Cadet National Rifle Team** – The aim of this six-week course is to develop a specialist with the attitude, skills and subject matter knowledge required to participate in competitive fullbore marksmanship as a member of a competitive team at the international level. The cadet will participate in the Canadian National Cadet Fullbore Championship, the United Kingdoms International Fullbore Championship in Bisley, England.

**Prerequisites:** Must be medically fit, have completed Gold Star training level and have achieved the Bronze Level of the Cadet Fitness Assessment Incentive Level. Cadet must be motivated to pursue marksmanship training and be invited to attend based on their standing on the Fullbore Marksman Phase II Course.

**Training Centres: Connaught CTC (Ottawa, ON) and Bisley (UK)**

**United Kingdom Exchange** –Maple Leaf Exchange (MLE UK) The aim of these six-week exchange are to introduce cadet to the training in the Army Cadet Force in the United Kingdom in Wales, Scotland and England as well as providing cadets an opportunity to participate in cultural activities and touring.

**Prerequisites:** Must be medically and physically fit, must be 16 or 17 years of age by the start of the exchange, have no participation limitations which may preclude them from participating in intense level adventure training activities in remote locations overseas and in high altitudes, have achieved minimum the Bronze Level of the Cadet Fitness Assessment Incentive Level, be motivated to pursue outdoor leadership and adventure training activities, have completed Gold Star.

**Training Centres: Connaught CTC (Ottawa, ON) and UK**

**Army Cadet Voyage in History (ACVH)** – The aim of this exchange is to expose senior Army Cadets to Canadian military history both domestically and abroad. Army Cadets will relive these past challenges and learn firsthand about the people and crucial events that helped shape Canada.

**Prerequisites:** Must be medically and physically fit, must be 16 by the start of the exchange, have achieved minimum the Bronze Level of the Cadet Fitness Assessment Incentive Level, have completed Gold Star.

**Training Centres: Connaught (Ottawa, ON) and Europe**

## 2019 COURSE DATES (EXCLUSIVE OF TRAVEL DAYS)

The following dates and locations are subject to change—Check Joining Instructions and travel orders for correct final dates and times.

<b>VERNON CTC</b>	<b>Intake 1</b>	<b>Intake 2</b>	<b>Intake 3</b>
General Training	8 - 19 Jul 2019	22 Jul - 2 Aug 2019	5 - 16 Aug 2019
Basic Drill and Ceremonial Basic Fitness & Sports Basic Expedition Basic Marksmanship	8 - 26 Jul 2019	29 Jul - 16 Aug 2019	N/A
Air Rifle Marksmanship Instructor Drill & Ceremonial Instructor Expedition Instructor Military Band - Intermediate Musician Military Band - Advanced Musician Military Band - Basic Musician	8 Jul - 16 Aug 2019	N/A	N/A

### ALBERT HEAD CTC

Fitness and Sports Instructor	8 Jul - 16 Aug 2019	N/A	N/A
-------------------------------	---------------------	-----	-----

### WHITEHORSE CTC

Expedition Instructor	8 Jul - 16 Aug 2019	N/A	N/A
-----------------------	---------------------	-----	-----

### CONNAUGHT CTC

Full Bore Marksmanship Phase 1 Full Bore Marksmanship Phase 2	8 Jul - 16 Aug 2019	N/A	N/A
--	---------------------	-----	-----

### TRENTON CTC

Basic Parachutist Course	8 - 26 Jul 2019	29 Jul - 16 Aug 2019	N/A
--------------------------	-----------------	----------------------	-----

### ROCKY MOUNTAIN CTC

Leadership and Challenge Pipe Band - Intermediate Musician Pipe Band - Advanced Musician	8 Jul - 16 Aug 2019	N/A	N/A
Pipe Band - Basic Musician	8 - 26 Jul 2019	29 Jul - 16 Aug 2019	N/A

### EXCHANGES

Maple Leaf Exchange			
Army Cadet Voyage in History			
National Rifle Team			