



2011 Summer Camp Detailed Course Information

With the introduction of the new Army Cadet Summer Training Courses there have been many questions about what these courses entail. In an effort to help cadets make informed decisions on attending Cadet Summer Training Centre courses, normal progression will have cadets attend a 2-week General Training Course in their first summer, a 3-week Basic Series Course in their second summer, a 6-week Instructor Series Course in their third summer and advanced training and exchanges in subsequent summers.

To be eligible for camps selection in 2011, Cadets must have minimum of 75% attendance, be registered in the Cadet program before 31 January and a parent or guardian must attend the camp information nights at the Armoury. These dates are posted on the website.

1ST YEAR SUMMER COURSE

Army Cadet General Training Course: The Army Cadet General Training Course is conducted over 2-weeks and is located primarily at Blackdown ACSTC, in CFB Borden, Ontario. The Army Cadet General Training Course is the first Summer Training Course for Army. Cadets normally arrive the day prior to the start of the course (Sunday) and conduct their in-clearance and issuing of clothing and equipment needed for their duration of their course. During the course, cadets will participate in 11-days of training and 1-day of co-curricular activities (free time and personal chores). The Army Cadet General Training Course is comprised of Mandatory Training Components and Extra-Curricular Activities. The Mandatory Training Component is further divided in to Standard Sub-Components and Specialty Training Sub-Components. The Standard Sub-Component comprises of time and resources to support the basic administrative structure required to conduct a summer training program. These standard sub-components include: in/out routines, briefings, team bonding / building activities, life skills, spare periods, course administration, parades and parade practice and recreational sports. The Specialty Training Sub-Component comprises of training activities, at the familiarization level, that introduce the Army Cadet to succeeding summer training opportunities.

These Specialty Training Sub-Components include: field training, expedition, drill & ceremonial, marksmanship, sports & fitness and musical training. The Army Cadet General Training Course offers the cadet a myriad of opportunities in a compressed time and these cadets can expect to conduct different activities daily.

Extra-Curricular Activities are active & passive, programmed & non-programmed opportunities that are offered between supper and bed time and during Sundays. Ancillary in nature, co-curricular activities add value to the Army Cadet General Training Course experience by enhancing what is learned during the day, by offering fun recreational opportunities that allow for recuperation, encourage socialization, and allow cadets to pursue personal interests.

2ND YEAR SUMMER COURSES

Army Cadet Basic Leadership Course: The Army Cadet Basic Leadership Course is conducted over 3-weeks and is located primarily at Blackdown ACSTC, in CFB Borden, Ontario. The Army Cadet Basic Leadership Course is one of six second year Summer Training Course for Army Cadets and is the prerequisite course for subsequent 6-week summer training. Cadets normally arrive a day prior to the start of

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the course (Sunday) and conduct their in-clearance and issuing of clothing and equipment needed for their duration of their course. During the course, cadets will participate in 17-days of training and 2-days of co-

curricular activities (free time and personal chores). The Army Cadet Basic Leadership Course is comprised of Mandatory Training Components and Extra-Curricular Activities. The Mandatory Training Component is further divided in to Standard Sub-Components and Specialty Training Sub-Components. The Standard Sub-Component comprises of time and resources to support the basic administrative structure required to conduct a summer training program. These standard sub-components include: in/out routines, briefings, team bonding / building activities, life skills, spare periods, course administration, parades and parade practice and recreational sports.

The Specialty Training Sub-Component comprises of training activities, at the basic level, that introduce the Army Cadet to succeeding summer training opportunities in the Drill & Ceremonial series. These Specialty Training Sub-Components include: rifle drill, small group leadership and field training.

Cadets attending the Army Cadet Basic Leadership Course can be expected to spend most of their mornings learning and perfecting their rifle drill skills on the Parade Square and their afternoons learning and practicing small-group leadership techniques with their tent-mates.

Extra-Curricular Activities are active & passive, programmed & non-programmed opportunities that are offered between supper and bed time and during Sundays. Ancillary in nature, co-curricular activities add value to the Army Cadet Basic Leadership Course experience by enhancing what is learned during the day, by offering fun recreational opportunities that allow for recuperation, encourage socialization, and allow cadets to pursue personal interests.

Army Cadet Basic Expedition Course: The Army Cadet Basic Expedition Course is conducted over 3-weeks and is located primarily at Blackdown ACSTC, in CFB Borden, Ontario. The Army Cadet Basic Expedition Course is one of six second year Summer Training Course for Army Cadets and is the prerequisite course for subsequent 6-week summer training. Cadets normally arrive a day prior to the start of the course (Sunday) and conduct their in-clearance and issuing of clothing and equipment needed for their duration of their course. During the course, cadets will participate in 17-days of training and 2-days of co-curricular activities (free time and personal chores). The Army Cadet Basic Expedition Course is comprised of Mandatory Training Components and Extra-Curricular Activities. The Mandatory Training Component is further divided in to Standard Sub-Components and Specialty Training Sub-Components. The Standard Sub-Component comprises of time and resources to support the basic administrative structure required to conduct a summer training program. These standard sub-components include: in/out routines, briefings, team bonding / building activities, life skills, spare periods, course administration, parades and parade practice and recreational sports. The Specialty Training Sub-Component comprises of training activities, at the basic level, that introduce the Army Cadet to succeeding summer training opportunities in the Expedition series.

These Specialty Training Sub-Components include: Field Training, Backpacking, Mountain Biking and Canoeing. Cadets attending the Army Cadet Basic Expedition Course can be expected to spend most of their days off the camp. Army Cadets participate in a 3-day practice expedition which includes a day of Backpacking, a day of mountain biking and a day of canoeing. This 3-day practice expedition is in preparation for a longer and more intense 5-day expedition. Backpacking up to 20km daily, Mountain Biking, up to 80km daily and canoeing up to 20km daily is common on this course. Only cadets that are physically capable of conducting these types of activities at the intensity specified should attend the Army Cadet Basic Expedition Course.

Extra-Curricular Activities are active & passive, programmed & non-programmed opportunities that are offered between supper and bed time and during Sundays. Ancillary in nature, co-curricular activities add value to the Army Cadet Basic Expedition Course experience by enhancing what is learned during the day, by offering fun recreational opportunities that allow for recuperation, encourage socialization, and allow cadets to pursue personal interests.

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Army Cadet Basic Marksman Course: Cadets attending the 3-week Basic Marksman course will expand on marksmanship skills learned in Green Star training at the Corps and will be given extensive opportunity to develop marksmanship expertise using the Daisy 853C rifle.

Extensive time is spent on marksmanship skill development (both theory and practical) and live firing practice (groupings, application and competition). Cadets will also participate in adventure activities and a summer biathlon competition.

Cadet Basic Fitness & Sports Course: The Cadet Basic Fitness & Sports Course is conducted over 3-weeks and is located primarily at Blackdown ACSTC, in CFB Borden, Ontario. The Cadet Basic Fitness & Sports Course is one of six second year Summer Training Course and is offered to Sea, Army and Air Cadets and it is the prerequisite course for subsequent 6-week summer training. Cadets normally arrive a day prior to the start of the course (Sunday) and conduct their in-clearance and issuing of clothing and equipment needed for their duration of their course. During the course, cadets will participate in 17-days of training and 2-days of co-curricular activities (free time and personal chores). The Cadet Basic Fitness & Sports Course is comprised of Mandatory Training Components and Extra-Curricular Activities. The Mandatory Training Component is further divided in to Standard Sub-Components and Specialty Training Sub-Components. The Standard Sub-Component comprises of time and resources to support the basic administrative structure required to conduct a summer training program. These standard sub-components include: in/out routines, briefings, team bonding / building activities, life skills, spare periods, course administration, parades and parade practice and recreational sports.

The Specialty Training Sub-Component comprises of training activities, at the basic level, that introduce the Cadet to succeeding summer training opportunities in the Fitness & Sports series.

These Specialty Training Sub-Components include: the Cadet Fitness Assessment, Floor Hockey, Softball, Volleyball, Soccer and Basketball. Cadets attending the Cadet Basic Fitness & Sports Course can be expected to spend most of their days outside learning the game and playing sports. Only Cadets that are physically capable of conducting these types of sports at the intensity specified should attend the Cadet Basic Fitness & Sports Course.

Extra-Curricular Activities are active & passive, programmed & non-programmed opportunities that are offered between supper and bed time and during Sundays. Ancillary in nature, co-curricular activities add value to the Cadet Basic Fitness & Sports Course experience by enhancing what is learned during the day, by offering fun recreational opportunities that allow for recuperation, encourage socialization, and allow cadets to pursue personal interests.

Cadet Basic Military Band Course: The Cadet Basic Military Band Course is conducted over 3-weeks and is located primarily at Blackdown ACSTC, in CFB Borden, Ontario. The Cadet Basic Military Band Course is one of six second year Summer Training Course and is offered to Sea, Army and Air Cadets and it is the prerequisite course for subsequent 6-week summer training. Cadets normally arrive a day prior to the start of the course (Sunday) and conduct their in-clearance and issuing of clothing and equipment needed for their duration of their course. During the course, cadets will participate in 17-days of training and 2-days of co-curricular activities (free time and personal chores). The Cadet Military Band Course is comprised of Mandatory Training Components and Extra-Curricular Activities. The Mandatory Training Component is further divided in to Standard Sub-Components and Specialty Training Sub-Components. The Standard Sub-Component comprises of time and resources to support the basic administrative structure required to conduct a summer training program. These standard sub-components include: in/out routines, briefings, team bonding / building activities, life skills, spare periods, course administration, parades and parade practice and recreational sports. The Specialty Training Sub-Component comprises of training activities, at the basic level, that introduce the Cadet to succeeding summer training opportunities in the Military Band series.

These Specialty Training Sub-Components include: reading music, instrument identification, band drill, and playing of scales and basic tunes. Cadets attending the Cadet Basic Military Band Course can be expected to spend most of their days inside learning about their chosen instrument. Cadets

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attending this course do not require any prior knowledge in music. Cadets graduating from the Cadet Basic Military Band Course will leave with a Basic Level of music proficiency in their chosen instrument; however, will likely not be sufficiently skilled to act as a full fledged member of a unit band. Only Cadets that have an interest in playing and learning music should attend the Cadet Basic Military Band Course.

Extra-Curricular Activities are active & passive, programmed & non-programmed opportunities that are offered between supper and bed time and during Sundays. Ancillary in nature, co-curricular activities add value to the Cadet Basic Military Band Course experience by enhancing what is learned during the day, by offering fun recreational opportunities that allow for recuperation, encourage socialization, and allow cadets to pursue personal interests.

Cadet Basic Pipe Band Course: The Cadet Basic Pipe Band Course is conducted over 3-weeks and is located at Blackdown ACSTC, in CFB Borden, Ontario. The Cadet Basic Pipe Band Course is one of six second year Summer Training Course and is offered to Sea, Army and Air Cadets and it is the prerequisite course for subsequent 6-week summer training. Cadets will arrive a day prior to the start of the course (Sunday) and conduct their in-clearance and issuing of clothing and equipment needed for their duration of their course. During the course, cadets will participate in 17-days of training and 2-days of co-curricular activities (free time and personal chores). The Cadet Pipe Band Course is comprised of Mandatory Training Components and Extra-Curricular Activities. The Mandatory Training Component is further divided in to Standard Sub-Components and Specialty Training Sub-Components. The Standard Sub-Component comprises of time and resources to support the basic administrative structure required to conduct a summer training program. These standard sub-components include: in/out routines, briefings, team bonding / building activities, life skills, spare periods, course administration, parades and parade practice and recreational sports. The Specialty Training Sub-Component comprises of training activities, at the basic level, that introduce the Cadet to succeeding summer training opportunities in the Pipe Band series.

These Specialty Training Sub-Components include: reading music, instrument identification, band drill, and playing of scales and basic tunes. Cadets attending the Cadet Pipe Military Band Course can be expected to spend most of their days inside learning about their chosen instrument. Cadets attending this course do not require any prior knowledge in music. Cadets graduating from the Cadet Basic Pipe Band Course will leave with a Level 1 music proficiency in their chosen instrument; however, will likely not be sufficiently skilled to act as a full fledged member of a unit band. Only Cadets that have an interest in playing and learning music should attend the Cadet Basic Pipe Band Course.

Extra-Curricular Activities are active & passive, programmed & non-programmed opportunities that are offered between supper and bed time and during Sundays. Ancillary in nature, co-curricular activities add value to the Cadet Basic Pipe Band Course experience by enhancing what is learned during the day, by offering fun recreational opportunities that allow for recuperation, encourage socialization, and allow cadets to pursue personal interests.

3RD YEAR SUMMER COURSES

Army Cadet Drill & Ceremonial Instructors Course: The Army Cadet Drill & Ceremonial Instructors Course is conducted over 6-weeks and is located primarily at Blackdown ACSTC, in CFB Borden, Ontario. The Army Cadet Drill & Ceremonial Instructors Course is one of seven third year Summer Training Course , is the subsequent training continuum to the Army Cadet Basic Leadership Course and is the prerequisite course for subsequent Advanced Training and Exchange summer training. Cadets normally arrive a day prior to the start of the course (Sunday) and conduct their in-clearance and issuing of clothing and equipment needed for their duration of their course. During the course, cadets will participate in 35-days of training and 5-days of co-curricular activities (free time and personal chores). The Army Cadet Drill & Ceremonial Instructors Course is comprised of Mandatory Training Components and Extra-Curricular Activities. The Mandatory Training Component is further divided in to Standard Sub-Components and Specialty Training

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Sub-Components. The Standard Sub-Component comprises of time and resources to support the basic administrative structure required to conduct a summer training program. These standard sub-components include: in/out routines, briefings, team bonding / building activities, life skills, spare periods, course administration, parades and parade practice and recreational sports. The Specialty Training Sub-Component comprises of training activities, at the intermediate level, that hone the skills learned from prior summer training opportunities in the Drill & Ceremonial series.

These Specialty Training Sub-Components include: rifle drill, guards of honour, ceremonial events and group leadership. Cadets attending the Army Cadet Drill & Ceremonial Instructors Course can be expected to spend most of their mornings learning and perfecting their rifle drill skills on the Parade Square and their afternoons learning and practicing group leadership techniques with their platoon and learning about the various ceremonial events that the Canadian Forces embrace.

Extra-Curricular Activities are active & passive, programmed & non-programmed opportunities that are offered between supper and bed time and during Sundays. Ancillary in nature, co-curricular activities add value to the Army Cadet Drill & Ceremonial Instructors Course experience by enhancing what is learned during the day, by offering fun recreational opportunities that allow for recuperation, encourage socialization, and allow cadets to pursue personal interests.

Army Cadet Expedition Instructors Course: The Army Cadet Expedition Instructors Course is conducted over 6-weeks and is located primarily at Blackdown ACSTC, in CFB Borden, Ontario. The Army Cadet Expedition Instructors Course is one of seven third year Summer Training Courses and, is the subsequent training continuum to the Army Cadet Basic Expedition Course and is the prerequisite course for subsequent Advanced Training and Exchange summer training. Cadets normally arrive a day prior to the start of the course (Sunday) and conduct their in-clearance and issuing of clothing and equipment needed for their duration of their course. During the course, cadets will participate in 35-days of training and 5-days of co-curricular activities (free time and personal chores). The Army Cadet Expedition Instructors Course is comprised of Mandatory Training Components and Extra-Curricular Activities. The Mandatory Training Component is further divided in to Standard Sub-Components and Specialty Training Sub-Components. The Standard Sub-Component comprises of time and resources to support the basic administrative structure required to conduct a summer training program. These standard sub-components include: in/out routines, briefings, team bonding / building activities, life skills, spare periods, course administration, parades and parade practice and recreational sports. The Specialty Training Sub-Component comprises of training activities, at the intermediate level, that hone the skills learned from prior summer training opportunities in the Expedition series.

These Specialty Training Sub-Components include: Field Training, Backpacking, Mountain Biking, Rock face Abseiling, Flat water and Whitewater Canoeing. Cadets attending the Army Cadet Expedition Instructors Course can be expected to spend most of their days off the camp where they will participate in an 18-day off-camp expedition. Cadets will travel hundreds of kilometers changing from each adventure activity after 3 to 5 days. Cadet will be expected to Backpack up to 20km daily, Mountain Bike up to 80km daily, Canoe (both Flat water and Whitewater) up to 20km daily and Conduct Rock face Abseiling with heights up to 100 feet. Only cadets that are physically capable of conducting these types of activities at the intensity specified should attend the Army Cadet Expedition Instructors Course.

Extra-Curricular Activities are active & passive, programmed & non-programmed opportunities that are offered between supper and bed time and during Sundays. Ancillary in nature, co-curricular activities add value to the Army Cadet Expedition Instructors Course experience by enhancing what is learned during the day, by offering fun recreational opportunities that allow for recuperation, encourage socialization, and allow cadets to pursue personal interests.

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Army Cadet Fullbore Marksman – Phase 1 Course: Cadets attending the 6-week Fullbore Phase 1 course will expand on marksmanship skills learned in Green Star training at the Corps and/or Basic Marksman using the C11 target rifle.

They will fire at distances ranging from 100 to 600 yards and specific training involves firing groupings, short (300 yards) and mid (5-600 yards) range application both in a coached setting and in an individual setting. Cadets will learn how to fire in varying environmental conditions (wind, heat, rain) and will have an opportunity to compete in the National Cadet Fullbore Competition (NCFC) at the end of the course. Cadets will also have an opportunity to participate in adventure activities and in a summer biathlon competition. The top 36 cadets will be invited back the following year to attend the Fullbore Phase 2 course.

Cadet Air Rifle Marksman Instructors Course: Cadets attending the 6-week Air Rifle Marksmanship Instructor (ARMI) course will review marksmanship skills taught in Green Star and/or Basic Marksman.

Cadets will spend the majority of training time learning how to lead a marksmanship activity (classification, competition, recreational, standing and timed). Cadets will also learn how to assist a Range Safety Officer in the conduct of marksmanship activities and will spend a small amount of time learning how to coach cadets during marksmanship and summer biathlon activities. Cadets will also participate in and learn how to assist with the conduct of summer biathlon activities and they will instruct a 20 minute Air Rifle Marksmanship lesson

Cadet Fitness & Sports Instructors Course: The Cadet Sports & Fitness Instructors Course is conducted over 6-weeks and is located primarily at Blackdown ACSTC, in CFB Borden, Ontario. The Cadet Sports & Fitness Instructors Course is one of seven third year Summer Training Courses. It is offered to Sea, Army and Air Cadets and it is the subsequent training continuum to the Cadet Basic Sports & Fitness Course and is the prerequisite course for subsequent Advanced Training and Exchange summer training. Cadets normally arrive a day prior to the start of the course (Sunday) and conduct their in-clearance and issuing of clothing and equipment needed for their duration of their course. During the course, cadets will participate in 35-days of training and 5-days of co-curricular activities (free time and personal chores). The Cadet Sports & Fitness Instructors Course is comprised of Mandatory Training Components and Extra-Curricular Activities. The Mandatory Training Component is further divided in to Standard Sub-Components and Specialty Training Sub-Components. The Standard Sub-Component comprises of time and resources to support the basic administrative structure required to conduct a summer training program. These standard sub-components include: in/out routines, briefings, team bonding / building activities, life skills, spare periods, course administration, parades and parade practice and recreational sports. The Specialty Training Sub-Component comprises of training activities, at the intermediate level, that hone the skills learned from prior summer training opportunities in the Sports & Fitness series.

These Specialty Training Sub-Components include: the Cadet Fitness Assessment, Refereeing, Coaching, Floor Hockey, Softball, Volleyball, Soccer and Basketball. Cadets attending the Cadet Fitness & Sports Instructors Course can be expected to spend most of their days outside learning the game and playing sports. Cadets on the Fitness & Sports instructors Course will be required to specialize in coaching at least three approved sports, as well as, specialize in the management of the Cadet Fitness Assessment. Only Cadets that are physically capable of conducting these types of sports at the intensity specified should attend the Cadet Fitness & Sports Instructors Course.

Extra-Curricular Activities are active & passive, programmed & non-programmed opportunities that are offered between supper and bed time and during Sundays.

Ancillary in nature, co-curricular activities add value to the Cadet Fitness & Sports Instructors Course experience by enhancing what is learned during the day, by offering fun recreational opportunities that allow for recuperation, encourage socialization, and allow cadets to pursue personal interests.

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Cadet Intermediate Military Band Course: The Cadet Intermediate Military Band Course is conducted over 6-weeks and is located primarily at Blackdown ACSTC, in CFB Borden, Ontario. The Cadet Intermediate Military Band Course is one of seven third year Summer Training Courses. It is offered to Sea, Army and Air Cadets and it is the subsequent training continuum to the Cadet Basic Military Band Course and is the prerequisite course for subsequent Advanced Training and Exchange summer training. Cadets normally arrive a day prior to the start of the course (Sunday) and conduct their in-clearance and issuing of clothing and equipment needed for their duration of their course. During the course, cadets will participate in 35-days of training and 5-days of co-curricular activities (free time and personal chores). The Cadet Intermediate Military Band Course is comprised of Mandatory Training Components and Extra-Curricular Activities. The Mandatory Training Component is further divided in to Standard Sub-Components and Specialty Training Sub-Components. The Standard Sub-Component comprises of time and resources to support the basic administrative structure required to conduct a summer training program. These standard sub-components include: in/out routines, briefings, team bonding / building activities, life skills, spare periods, course administration, parades and parade practice and recreational sports. The Specialty Training Sub-Component comprises of training activities, at the intermediate level, that hone the skills learned from prior summer training opportunities in the Military Band series.

These Specialty Training Sub-Components include: reading music, instrument identification, ensemble practice, individual practice, band drill, playing of intermediate level music individually and as part of a military band. Cadets attending the Cadet Intermediate Military Band Course can be expected to spend most of their days inside learning about their chosen instrument in an indoor exclusive military band facility. Cadets attending this course must have at least a Basic Level of music proficiency. Cadets graduating from the Cadet Intermediate Military Band Course will leave with a Level 1 or 2 of music proficiency in their chosen instrument and may be sufficiently skilled to act as a full fledged member of a unit band. Cadets may undergo the Intermediate Military Band Course over more than one summer. Only Cadets that have an interest in playing and learning music and are active with their unit bands should attend the Cadet Intermediate Military Band Course.

Extra-Curricular Activities are active & passive, programmed & non-programmed opportunities that are offered between supper and bed time and during Sundays. Ancillary in nature, co-curricular activities add value to the Cadet Intermediate Military Band Course experience by enhancing what is learned during the day, by offering fun recreational opportunities that allow for recuperation, encourage socialization, and allow cadets to pursue personal interests.

Cadet Intermediate Pipe Band Course: The Cadet Intermediate Pipe Band Course is conducted over 6-weeks and is located at Blackdown ACSTC, in CFB Borden, Ontario. The Cadet Intermediate Pipe Band Course is one of seven third year Summer Training Courses. It is offered to Sea, Army and Air Cadets and it is the subsequent training continuum to the Cadet Basic Pipe Band Course and is the prerequisite course for subsequent Advanced Training and Exchange summer training. Cadets normally arrive a day prior to the start of the course (Sunday) and conduct their in-clearance and issuing of clothing and equipment needed for their duration of their course. During the course, cadets will participate in 35-days of training and 5-days of co-curricular activities (free time and personal chores). The Cadet Intermediate Pipe Band Course is comprised of Mandatory Training Components and Extra-Curricular Activities. The Mandatory Training Component is further divided in to Standard Sub-Components and Specialty Training Sub-Components. The Standard Sub-Component comprises of time and resources to support the basic administrative structure required to conduct a summer training program. These standard sub-components include: in/out routines, briefings, team bonding / building activities, life skills, spare periods, course administration, parades and parade practice and recreational sports. The Specialty Training Sub-Component comprises of training activities, at the intermediate level, that hone the skills learned from prior summer training opportunities in the Pipe Band series.

These Specialty Training Sub-Components include: Highland dress, Highland dancing, reading music, instrument identification, ensemble practice, individual practice, band drill, playing of intermediate level music individually and as part of a pipe band. Cadets attending the Cadet Intermediate Pipe Band Course can be expected to spend most of their days inside learning about their chosen instrument in an indoor exclusive pipe band facility. Cadets attending this course must

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have at least Level 1 music proficiency. Cadets graduating from the Cadet Intermediate Pipe Band Course will leave with a Level 2 or 3 of music proficiency in their chosen instrument and may be sufficiently skilled to act as a full fledged member of a unit band. Cadets may undergo the Intermediate Pipe Band Course over more than one summer. Only Cadets that have an interest in playing and learning music and are active with their unit bands should attend the Cadet Intermediate Pipe Band Course.

Extra-Curricular Activities are active & passive, programmed & non-programmed opportunities that are offered between supper and bed time and during Sundays. Ancillary in nature, co-curricular activities add value to the Cadet Intermediate Pipe Band Course experience by enhancing what is learned during the day, by offering fun recreational opportunities that allow for recuperation, encourage socialization, and allow cadets to pursue personal interests.

4th YEAR COURSES

FULL BORE PHASE 2 (ARMY) Cadets attending the 7-week Fullbore Phase 2 course are selected based on their performance in the Fullbore Phase 1 course the year prior. On the Phase 2 course, cadets will refine their marksmanship skills using the C12A1 target rifle. They will fire at distances ranging from 100 to 1000 yards and specific training involves firing groupings, short (300 yards), mid (5-600 yards), and long (800-1000 yards) range application both in a coached setting and in an individual setting. Significant emphasis is placed on firing within a Team Match setting. Cadets will also have the opportunity to fire in numerous competition settings, including firing in the National Cadet Fullbore Championship (NCFC), the Ontario Rifle Association (ORA) provincial championship and the Dominion of Canada Rifle Association (DCRA) Canadian Fullbore Rifle Championship. Cadets will also have the opportunity to participate in on job training (OJT) working with the Fullbore Phase 1 course, will participate in adventure activities and will attain the Canadian Firearms Safety qualification.

The top 18 cadets will be invited back the following year to be a part of the RCAC National Rifle Team.

PARACHUTIST Each year this course is flooded with applications. Cadets and parents must understand that selection is not only based on performance in the area of fitness. Applying cadets **must** attend 18 – 20 Feb in Trenton where they will undergo their first fitness testing to complete the application. The application is then sent to Region where the complete career of the cadet is taken into factor and they are all ranked accordingly with Cadets from all of Ontario. From this list, the top 36 are requested to partake in the pre-para course during March break again in Trenton, where they will undergo a rigorous fitness program and conduct jumps from the mock tower to confirm no fear of heights. These 36 are then again re-ranked from this performance and will be course loaded on the Para Course accordingly at a National level. Each year Ontario's number of positions varies. It has ranged from 8 up to 18. It is important that cadets always perform to the best of their ability as this course is highly sought after. Please be aware that Cadets attending the Pre-Para, must meet the following pre-requisites:

- have successfully completed National Star Certification;
- have successfully completed a Cadet Leader Instructor course;
- have achieved the minimal standard of fitness:
 - 1.6 KM run in a maximum of 7 mins and 30 seconds
 - Sit-ups: 31 consecutive
 - Chin up: 7 consecutive
- be medically fit IAW CATO 16-02;
- be 16 years of age by 1 July of year of training and not reach the age of 19 during the course;
- volunteer for parachutist training
- attended 75% of corps mandatory trg during the current trg year
- be well motivated, self-confident, and have the perseverance to undertake parachutist training;
- be free from compassionate problems that might contribute to non-completion or failure of the course; and

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- not be a member of the Canadian Forces (**NEW**).

As well cadets attending the Pre-Para must:

- bring a letter from their family doctor noting any previous medical, psychiatric and/or surgical history including any current medications to facilitate the completion of the medical assessment (**VERY IMPORTANT**); and
- bring a letter from their physician or local laboratory confirming their blood type (**VERY IMPROTANT**).

5th YEAR MARKSMANSHIP COURSE

NATIONAL RIFLE TEAM (ARMY) Cadets attending the 8-week RCAC National Rifle Team (NRT) are selected based on their performance in the Fullbore Phase 2 course the year prior. The NRT continues to refine their marksmanship skills using the C12A1 target rifle, firing at distances ranging from 300 to 1000 yards. Training is conducted at Connaught Ranges and in Bisley, England where the NRT represents Canada in the Inter-Services Cadet Rifle matches, the Schools matches and in the NRA(UK) Imperial meeting, which is one of the world's largest international Fullbore rifle competitions. After 4 weeks in England, the NRT returns to Connaught to participate in the Dominion of Canada Rifle Association (DCRA) Canadian Fullbore Rifle Championship. The NRT will have the opportunity to participate in several International team matches, representing Canada.