



CIVIL AIR PATROL USAF AUXILIARY

# NEW CADET GUIDE

GETTING STARTED  
WEARING the UNIFORM  
STAYING SAFE  
ENJOYING a GREAT 1<sup>ST</sup> YEAR

NOVEMBER 2014

# WELCOME to the CIVIL AIR PATROL

## The CAP CADET PROGRAM

*Transforming youth into dynamic Americans and aerospace leaders*

Your Cadet Program is organized around four main elements. Everything you do as a cadet will point back to one or more of these elements, in one way or another.

### Leadership

CAP introduces cadets to Air Force perspectives on leadership through classroom instruction, mentoring, and hands-on learning. First, cadets learn to follow, but as they progress, they learn how to lead small teams, manage projects, think independently, and develop leadership skills they can use in adult life.



*You'll learn to lead and conquer challenges as a team.*

### Aerospace

CAP inspires in youth a love of aviation, space, and technology. Cadets study the fundamentals of aerospace science in the classroom and experience flight first-hand in CAP aircraft. Cyber topics important to the national defense represent a new frontier. Summer activities allow cadets to explore aerospace-related careers.



*Where's the best place to study aerospace? The cockpit!*

### Fitness

CAP encourages cadets to develop a lifelong habit of regular exercise. The Cadet Program promotes fitness through calisthenics, hiking, rappelling, obstacle courses, competitions, and other vigorous activities. A comprehensive fitness test based on age, gender, and cadet rank challenges cadets.



*Being a cadet means getting into shape and growing stronger.*

### Character

CAP challenges cadets to live their Core Values. Through character forums, cadets discuss ethical issues relevant to teens. Chaplains often lead the discussions, but the forums are not religious meetings. CAP also encourages cadets to promote a drug free ethic in their schools and communities.



*You won't just honor America, you'll solidify your character.*

# CADET CORPS



*"Off we go into the wild blue yonder. Climbing high into the sun..."*

## FACTS ABOUT **YOUR** CIVIL AIR PATROL

CAP's BIRTH DATE *1 December 1941, six days before Pearl Harbor*

CAP CORE VALUES *Integrity Service Excellence Respect*

CAP MOTTO *Semper Vigilans — Always Vigilant*

CAP's THREE MISSIONS *Aerospace Education Cadet Programs Emergency Services*

CAP CADET MISSION *To develop dynamic Americans and aerospace leaders*

CAP CADET VISION *Today's cadets ... tomorrow's aerospace leaders*

The FOUR ELEMENTS *Leadership Aerospace Fitness Character*  
of the CADET PROGRAM

## BASIC EXPECTATIONS for **1st YEAR CADETS**

- ❑ Stay with CAP for at least 1 year. Give the cadet experience a chance to impact your life.
- ❑ Attend your weekly squadron meetings.
- ❑ Attend one "Saturday" event per month, if available.
- ❑ Attend encampment — local leaders will tell you why encampment is so awesome.
- ❑ Earn the Wright Brothers' Award during your first year.

*If a family, school, or other commitment requires you to miss a CAP activity, please let your squadron leaders know in advance.*

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# 5 FIRST TASKS *for* NEW CADETS

You'll need help from a parent or guardian to do tasks 1 & 2.

## 1 Create an account in eServices

- Have a valid email address.
- Find your CAPID number on your CAP ID card. If you haven't received your card yet, call 877-227-9142 and press "1" for help.
- Know the last 4 digits of your Social Security Number.
- Visit [capmembers.com](http://capmembers.com), click "register for eServices" and follow the on-screen prompts to create and activate your account.
- After activating your account, please verify your contact information in eServices by clicking "Review/Edit My Info."

## 2 Obtain a Blues and/or BDU Uniform

- Uniform items may be purchased through a variety of sources. The official source for CAP insignia and uniforms is Vanguard. Shop with them at [civilairpatrolstore.com](http://civilairpatrolstore.com), (800)221-1264.
- If you're near an Air Force installation, you can buy uniform garments (but not CAP insignia) at the Exchange or base thrift store.
- Speak to your squadron leaders about local options, too. Sometimes the squadron has a "supply closet," and military surplus stores may be another option.
- Blues or BDUs? Ask your squadron leaders which uniform is of higher priority in your unit. Eventually you'll need both.

## 3 Look Around

- Check out the *Cadet Super Chart* on page 13.
- Look through this *New Cadet Guide* booklet

## 4 Read *Learn to Lead*, Chapter 1

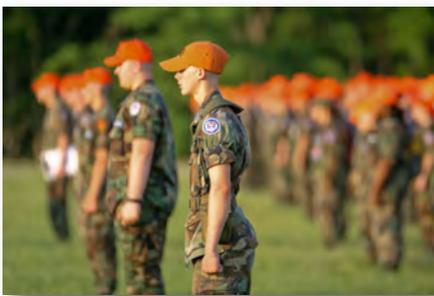
- You'll need to pass a 25-question, open-book test on this material to complete Achievement 1 and qualify for promotion to Cadet Airman.

## 5 Pass the *Learn to Lead* Chapter 1 Test

- Read *Learn to Lead* chapter 1. Pay attention to the learning objectives and use them to quiz yourself.
- Log-in to eServices and click Cadet Online Testing.
- Click Leadership Exams, then Leadership Chapter 1 Exam, and follow the on-screen prompts to take your test.
- Record your passing score on the *Personal Cadet Tracker* on page 15.

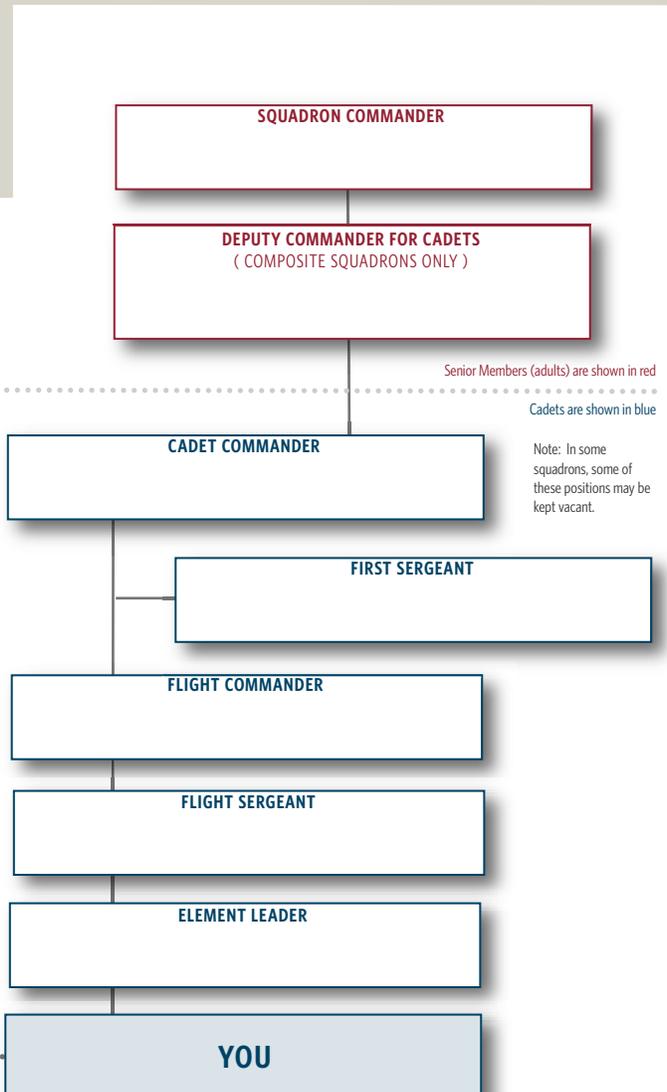
## Your SQUADRON'S CHAIN of COMMAND

Complete the chart on the right to list the key people who lead and support you in your hometown unit. You can look-up their contact information in eServices.



The chain of command is made visible during cadet formations.

<b>WINGMAN</b>
The first person to see if you need help
phone
email





## WINGMEN SPEAK UP

*How can you help keep yourself and fellow cadets safe for awesome challenges?*

The Air Force teaches that a wingman will always safeguard his or her lead. And, that a lead never lets his or her wingman stray into danger. Cadets at all levels have a role as wingmen.

Being a good wingman means taking care of fellow cadets and telling a trusted adult when you see signs of trouble. This is extra important if your wingman is about to make a poor decision or shows signs of hurting.

### WARNING SIGNS of ABUSE

Keep your wingman and all fellow cadets safe from anyone who is trying to hurt them. If you think a cadet is being abused, speak up. Tell any adult you trust. And speak up if you see someone doing anything like this:

- Giving a lot of special attention to certain cadets*
- Asking to see a cadet outside of CAP activities*
- Being sneaky or asking a cadet to keep secrets*
- Trying to be alone with a cadet for no good reason*
- Talking about stuff that is way too personal and creepy*
- Sending a lot of private texts or messages to a cadet*
- Pressuring a cadet to lie to someone*
- Making a cadet disobey normal CAP rules and regulations*

### HOW to SOUND THE ALARM

Don't worry about following the chain of command, just go see an adult you trust and tell of your concerns. No one can "order" you to keep quiet. No one can try to get back at you for being a good wingman. If you bring serious problems to CAP senior members, they will keep that information as private as they can, telling only those adults who have a need to know.

### REAL COURAGE

Sounding off with your concerns is not a sissy or childish response. The Air Force Chief of Staff – the highest ranking general in the service – put it this way. *"We value courage in this business."* Sometimes the bravest thing you can do is to speak up.



### "KNOCK IT OFF"

If you see something that does not look safe to you, speak up! Any cadet may sound the Air Force command, **"KNOCK IT OFF"** if he or she thinks someone might get hurt.

When you hear **"KNOCK IT OFF"** immediately stop what you are doing and await further instructions.

Safety is serious business. No one wants to get hurt, and if someone is injured, the team might not complete its mission. Pay special attention to what your wingman is doing and how he or she looks or feels because you have a special duty to keep your wingman safe.

# RANK UP! MAKING *the* GRADE

Cadets overcome challenges. Fly. Learn. Cadets have fun and rise to the expectations that have been set for them and are symbolized by the U.S. Air Force style uniform they wear. Welcome, and get ready for a life-changing experience!

## Get started by learning how the system of achievements, awards, and promotions work:

Look at the diagram below for a general overview on promotions, and look at the Cadet Super Chart on page 13 for the details.

Passing the tests and being an active member makes you eligible for promotion, but your personal performance as a cadet also counts. This is where the “leadership expectations” shown on the Cadet Super Chart come into play. Keep the “leadership expectations” on your mind. They tell you what sort of skills and attitudes you need to focus on to earn promotions.

Each time you earn a promotion, you receive a new cadet grade and grade insignia. The higher you climb in the Cadet Program, more exciting activities and leadership opportunities become available to you, but your squadron will also expect you to accept new responsibilities and perform at an even higher level of excellence.



*The Spatz Award garners the grade of Cadet Colonel.*

### Basic Overview

## Cadet Promotion Requirements

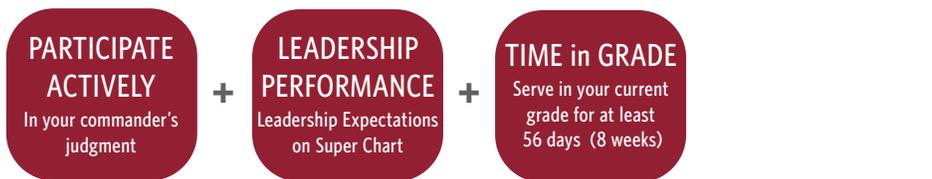
### Basic eligibility requirements

*complete in any order*  
*aerospace is not always required; see Super Chart or Tracker*



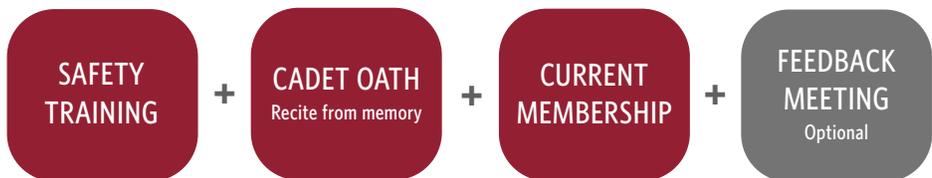
### Personal performance requirements

*commander reviews after you meet the basic eligibility requirements*



### Administrative requirements

*commander reviews after you meet the basic eligibility requirements*



### Promotion



*you may now begin working on the next achievement or award...*

# PHYSICAL FITNESS

A pilot's lifestyle needs to be airworthy. The human body is fragile, and when we fly we are working in an environment for which our bodies weren't designed. Therefore, physical fitness is a key aspect for aviation and spaceflight. CAP encourages cadets to develop a habit of exercising regularly for 30 minutes per day at least three times per week.

## The Cadet Physical Fitness Test

To advance in the Cadet Program, cadets must pass a fitness test. The basic rules for the five events are described below. Your instructors will explain what the test entails and what the particular goals are for your age and gender. In the meantime, just get started by:

- doing as many sit-ups as you can in 1 minute (for beginners) or 2 minutes (fit cadets)
- doing 5, 10, or 20 good push-ups in one session... start slow at first, but over a couple weeks, try to get to where you can do 20 push-ups
- running 1-mile

**Note:** The CPFT standards differ slightly for cadets who have medical issues. For more information, talk with your local leaders.



### Sit-and-Reach

Take off your shoes, sit on the ground with your legs fully extended and the soles of your feet against a stair or curb. Then with palms face down, reach as far as you can without bouncing.



### Curl-Ups (Sit-Ups)

How many can you do in 60 seconds? You must touch your thighs with your elbows as you go up, and then your shoulder blades must touch the ground when you go down.



### Push-Ups

Start in the up position, arms fully extended, then go down, keeping your back and knees straight, until your elbows are at 90°, then up again, doing *exactly one* push-up every 3 seconds.



### 1-Mile Run

Run on a track if you can, or alternatively, on a flat road course that has little to no traffic. Run against traffic so you can see the cars coming. Follow the run/walk method below if you're new to running.



### Shuttle Run

This is an alternative to the mile run and is used mostly during bad weather. Sprint exactly 30 feet, pick up a small block the size of a soda can, run back to the start, drop the block, and repeat one more time.

If a 1-mile run is beyond your abilities right now, try a run/walk instead. Olympic marathon runners have proven this method successful. Start at whichever level and session you feel comfortable (see table below). Jog at a pace that allows you to talk without getting winded. Your goal is to run/walk for a certain amount of time — don't worry about distance or speed. Gradually work your way through the plan to its end.

#### Run/Walk Plan for Beginners

Session	Walk	Run	Repeat
Week 1, Monday	2 min	1½ min	7 times
Week 1, Thursday	2 min	2 min	6 times
Week 1, Saturday	1 min	2 min	6 times
Week 2, Monday	1 min	2½ min	6 times
Week 2, Thursday	1 min	3 min	5 times
Week 2, Saturday	1 min	3 min	5 times
Week 3, Monday	30 sec	3½ min	5 times
Week 3, Thursday	30 sec	4 min	4 times
Week 3, Saturday	30 sec	4 min	4 times

#### Run/Walk Plan for Intermediates

Session	Walk	Run	Repeat
Week 1, Monday	1½ min	3 min	4 times
Week 1, Thursday	1½ min	3 min	4 times
Week 1, Saturday	1 min	3 min	4 times
Week 2, Monday	1 min	4 min	4 times
Week 2, Thursday	1 min	4 min	4 times
Week 2, Saturday	30 sec	5 min	3 times
Week 3, Monday	30 sec	5 min	3 times
Week 3, Thursday	30 sec	5 min	3 times
Week 3, Saturday	30 sec	6 min	2 times

**NEED HELP?**  
Try this

# The **PROPER WEAR** of **AIR FORCE-STYLE CADET UNIFORMS**



THERE IS ONLY

**1** WAY

to WEAR  
the UNIFORM:

the **RIGHT**  
**WAY**

## CADET UNIFORMS & INSIGNIA

CAP's vendor for uniform insignia is Vanguard at [CivilAirPatrolStore.com](http://CivilAirPatrolStore.com), (800) 221-1264. Some squadrons keep these items on hand and the garments (but not insignia) may be available at the nearest Air Force installation, so check with your local leaders before making any purchases.

### Air Force "Blues" Uniform

Flight cap (male)	CAP0994k
Flight cap (female)	CAP1015J
Cadet flight cap device	CAP0748A
Light blue, s/sleeve shirt (male)	CAP1001A
Light blue, s/sleeve blouse (female)	CAP1017
Blue 3-Line nameplate (last name)	CAP0599M
Blue trousers (male)	CAP0993K
Blue trousers (female)	CAP3500A
Blue skirt (female)	CAP3600A
Blue belt (with silver buckle)	2500500
Shoes or pumps	
Undershirt: plain white, (males: v-neck)	

### Camouflage "BDU" (Battle Dress Utility)

BDU cap	CAP0990M
BDU shirt	1001506
BDU pants	1001524
"Civil Air Patrol" cloth tape	CAP0599K
Cloth nametape (last name)	CAP0599HA
US Flag patch ("reverse style")	4432430
BDU belt (with black buckle)	2500510
Combat boots & boot blousers	
Undershirt: plain black	

**YOUR UNIFORM** is a visual representation of your commitment to the Core Values. Because uniforms are unique — only CAP cadets wear the CAP cadet uniform — they are a source of pride. Wearing the uniform is part of your leadership training. The uniform helps you develop self-discipline, personal responsibility, and self-respect. Whenever you wear the uniform, you represent not just yourself but also all of CAP and the U.S. Air Force, so wear the uniform with pride.



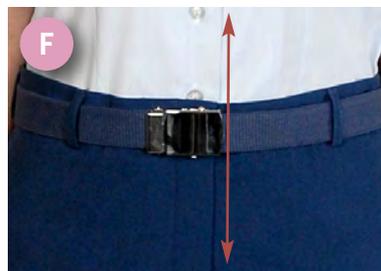
**Flight cap device** is centered on left side, 1 1/2" from edge. Male and female flight caps are slightly different in style but prescribe the same rule for placing the device.



**Chevrons** rest 1-inch from the collar edge, parallel to that edge and centered. Chevrons are worn on both collars and in the same manner on BDUs and Blues alike. Until you earn your first stripe, you won't wear anything on your collar.



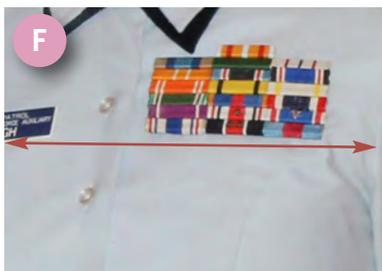
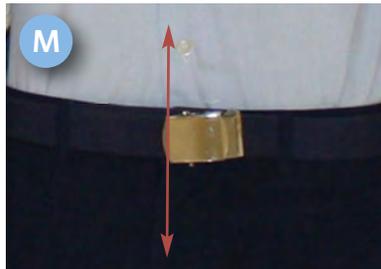
**Blue nametag (females)** is centered on right breast, even with or up to 1 1/2 inches higher or lower than the first exposed button, parallel to the ground.



**Belt & buckle** tip of buckle extends to wearer's left (**males**) or right (**females**). No belt fabric should show. The edge of the shirt's button placket, the edge of the buckle, and edge of the trouser fly must align. This alignment is called the "gig line." Wear the silver tipped belt and buckle with Blues and the black tipped belt and buckle with BDUs.



**Blue nametag (males)** rests on but not over the right breast pocket, centered.



**Ribbons (females)** rest centered on left breast, parallel to ground. The bottom of the set of ribbons is even with the bottom of the nametag. Wear of ribbons is optional on the light blue shirt.



**Blues pants** front of pant leg should rest on front of shoe, with a slight break in crease and 1/8" longer on back



**Ribbons (males)** rest centered on, but not over, the left breast pocket. Wear of ribbons is optional on the light blue shirt.



**Blues skirt (females)** skirt length will be no longer than bottom of kneecap or shorter than top of kneecap.

## BASIC GROOMING STANDARDS

**Males.** Except in field conditions, cadets are expected to have a clean appearance free of dirt and grime. Anti-persperant / deodorant will be used and toothpaste and mouthwash as well. Hair must appear tapered and be trimmed to not touch the ears, collar, or eyebrows. Bangs cannot be visible when wearing headgear. Extreme or fad styles are prohibited. In general, the face must be clean shaven. Sideburns must be neatly trimmed and end before the bottom of the ear. A neatly trimmed mustache may also be worn. Earrings are prohibited. Necklaces cannot be visible.

**Females.** Except in field conditions, cadets are expected to have a clean appearance free of dirt and grime. Anti-persperant / deodorant will be used and toothpaste and mouthwash as well. Hair must be neatly arranged to present a conservative, feminine appearance, and may touch but not fall below the bottom edge of the collar. Only inconspicuous pins and combs may be worn in the hair. Extreme and fad styles are prohibited. Cosmetics are permitted if conservative and in good taste. Hair must not fall below the front band of the BDU cap, but may be visible in front of the flight cap. One small spherical earring per ear is permitted. Necklaces cannot be visible.

**Note:** These few pages on the wear of the uniform cover only the most common matters. For full details, see CAPM 39-1 at [capmembers.com/pubs](http://capmembers.com/pubs).



**Chevrons** rest 1-inch from the collar edge, paralell to that edge and centered. Chevrons are worn on both collars and in the same manner on BDUs and Blues alike. Until you earn your first stripe, you won't wear anything on your collar.



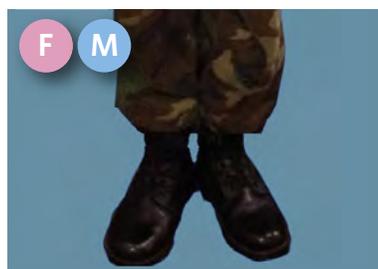
**Cloth nametape** rests on but not over the right breast pocket of the BDUs. Do not cut the excess fabric but fold it under to prevent fraying.



**Cloth CAP tape** rests on but not over the left breast pocket of the BDUs. Do not cut the excess fabric but fold it under to prevent fraying.

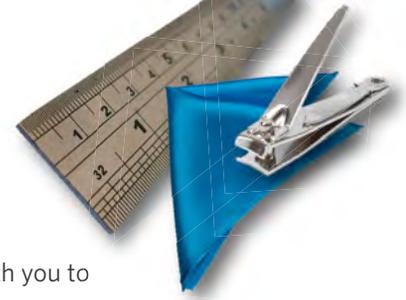


**Sleeves** when rolled up must touch or come within 1" of forearm, when bent at 90° angle.



**BDU pants** must be bloused over combat boots

# TEN TIPS *for* **LOOKING SHARP** *in* **UNIFORM**



1. Keep your insignia in a special place at home.
2. Prepare your uniform the night before you wear it.
3. Trim loose strings from buttons, pockets, and belt loops.
4. Use spray starch when ironing.
5. Obtain “enforcers” or put cardboard behind your ribbons.
6. Check your appearance in a full-length mirror.
7. Keep a small cloth with you to dust your shoes and brass.
8. Check your gig-line upon exiting a car or restroom.
9. Avoid leaning against anything while in uniform.
10. Ask your wingman to double-check your uniform.

## CADET AWARDS & DECORATIONS

See CAPR 39-3 for information on how to earn these awards.

Cadet achievement ribbons and milestone awards are shown atop the shaded field. Cadets earn them through the normal course of progression in the Cadet Program.



Silver Medal of Valor



Bronze Medal of Valor



Distinguished Service Medal



Exceptional Service Award



Meritorious Service Award



Commander's Commendation Award



Achievement Award



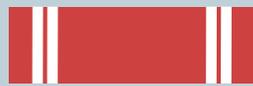
Certificate of Recognition for Lifesaving Award



National Commander's Unit Citation Award



Unit Citation Award



Gen Carl A. Spaatz Award



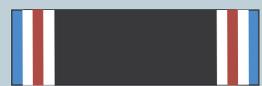
Gen Ira C. Eaker Award



Amelia Earhart Award



Brig Gen Billy Mitchell Award



Neil A. Armstrong Achievement Ribbon



Dr. Robert H. Goddard Achievement Ribbon



Gen. Jimmy Doolittle Achievement Ribbon



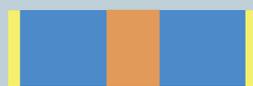
Charles A. Lindbergh Achievement Ribbon



Capt Eddie Rickenbacker Achievement Ribbon



Wright Brothers Award



Col Mary Feik Achievement Ribbon



GAF Henry H. "Hap" Arnold Achievement Ribbon



Maj Gen John F. Curry Achievement Ribbon



Air Force Association Award to Unit Cadet of the Year



Air Force Sergeants' Association Award to Cadet NCO of the Year



Veterans of Foreign Wars Award to Cadet Officer of the Year



Veterans of Foreign Wars Award to Cadet NCO of the Year



Red Service Award



Rescue "Find" Ribbon



Air Search and Rescue Ribbon



Disaster Relief Ribbon



Community Service Ribbon



International Air Cadet Exchange Ribbon



National Cadet Drill Team Competition Ribbon



National Cadet Color Guard Competition Ribbon



Cadet Advisory Council Ribbon (solid white in color)



Cadet Special Activities Ribbon



Encampment Ribbon



Cadet Recruiter Ribbon

# SOCIAL MEDIA & YOU *as a* CADET

If you're on social media, remember that as a CAP cadet, you represent CAP in everything you do. In uniform or out of uniform, your actions reflect upon the Cadet Corps and the Air Force. Therefore, when you use social media, please:

**Be respectful.** Don't bully anyone. Don't call people names or use profanity. Continue to address CAP senior members and other adults in positions of authority as sir or ma'am.

**Pause before you post.** Once something goes onto the web, it's there forever. If you're angry or frustrated by something, it's tempting to "get even" or write something mean-spirited. Online fights and flame wars reflect badly on you. So, before you post something, pause and think.

**Police your own.** Help make the web a positive space. If you see a fellow cadet behaving badly on the web, send a private message reminding him or her of our Core Values. Be a leader on the web.

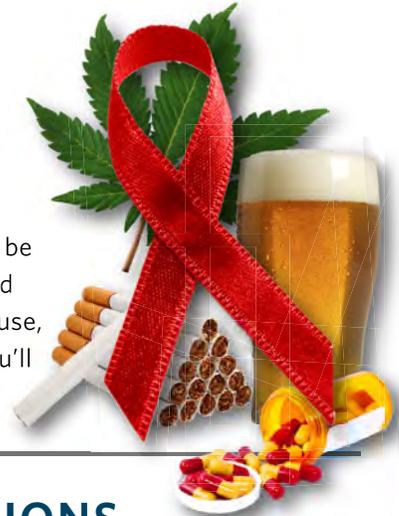
**Friend & follow.** Join the CAP and CAP Cadet Programs Facebook and Twitter feed to stay informed about cadet programs news.



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## AMBASSADORS *of the* DRUG-FREE ETHIC

Because of their Core Values, the Air Force Surgeon General has challenged cadets to be ambassadors of a drug-free ethic. Of course, cadets don't use drugs, but they also lead other youth through their example. Because the U.S. Air Force does not tolerate drug use, neither does CAP. Through activities such as the Red Ribbon Leadership Academy, you'll be called upon to impart your drug-free attitude upon younger (non-cadet) youth.



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## STUDY SKILLS *to* HELP YOU EARN PROMOTIONS

**SQ3R**

*A proven way to study so you can earn the Spaatz or a Service Academy appointment.*

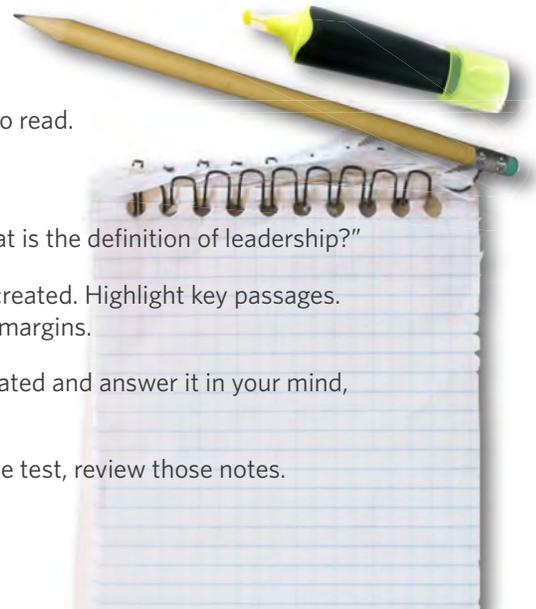
**Survey** Look through the assignment. Get a sense for what you're about to read.

**Question** As you read, turn every title or subheading into a question.  
**Example:** The subheading "Definition of Leadership" becomes "What is the definition of leadership?"

**Read** Read one section at a time to find answers to the "question" you created. Highlight key passages. Put the author's words into your own by writing little notes in the margins.

**Recite** Go back to that section's beginning. Recite the "question" you created and answer it in your mind, without looking at the book

**Review** Get your notepad and outline what you've read. The day before the test, review those notes.



# PERSONAL PRODUCTIVITY: *How to* "GET THINGS DONE"

"Millennials are constantly plugged in and moving fast to make their mark on the world." — CNN

No matter what your goals are, it's a challenge to get things done, to keep up with all the "stuff" in your life.

"Stuff" is anything that shouts for your attention:

- ◆ homework assignments
- ◆ big projects at school
- ◆ chores at home
- ◆ events with friends
- ◆ family events
- ◆ cadet promotion tasks
- ◆ cadet activities
- ◆ summer job schedule

**You're Surrounded.** One tricky aspect to "stuff" is that it comes at you from many directions. Your teacher orally announces homework. Your mom leaves a note on the fridge asking you to mow the lawn on Saturday. CAP leaders send you emails. Phone calls. Text messages. Ugh!

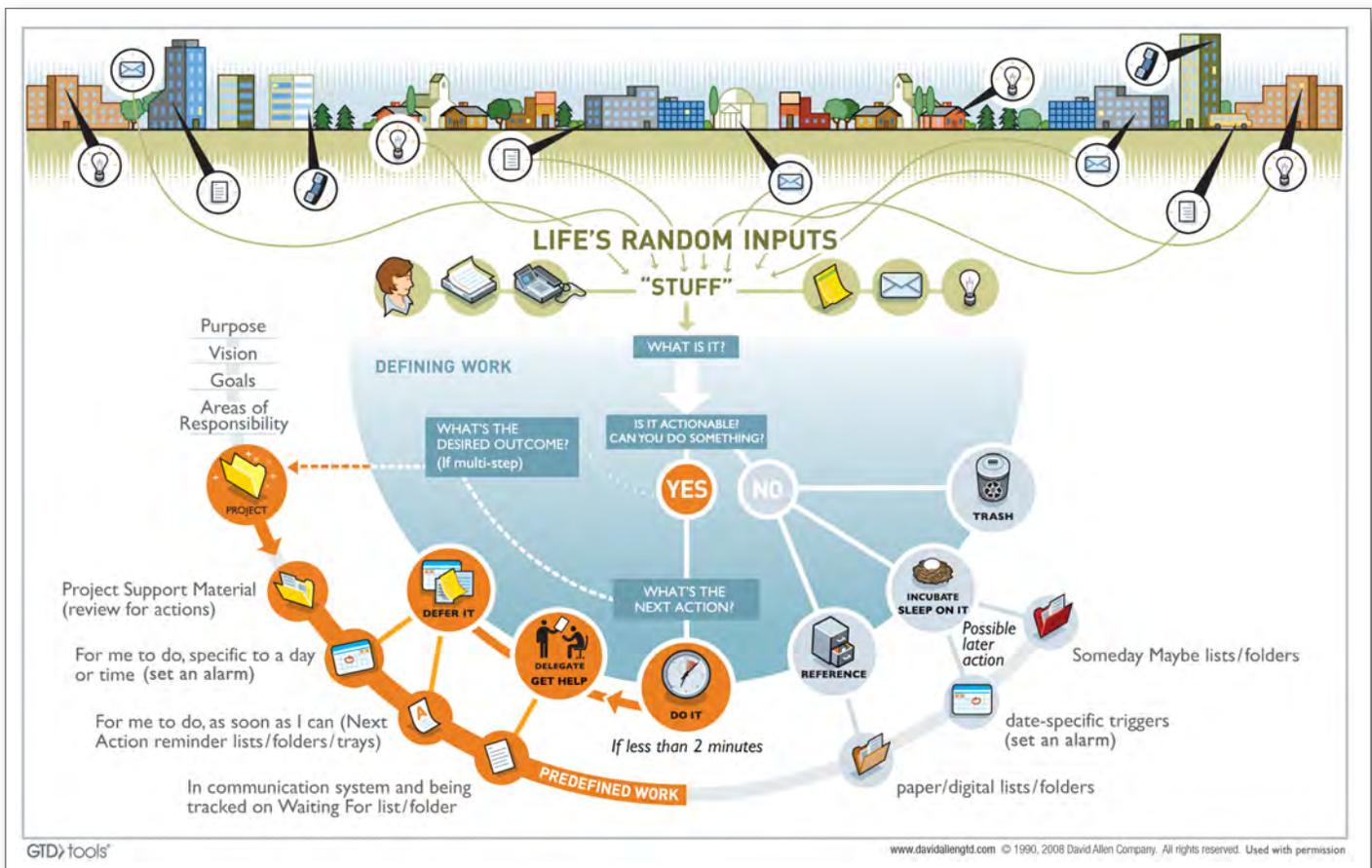
**Get a System.** To keep all this "stuff" straight, you need a system. You need to handle all the "stuff" in the same manner everyday. The good news is that having a system brings order to chaos, reduces stress, and help you achieve.

**"Getting Things Done"** The diagram below shows how the GTD system works. As "stuff" comes at you each day, begin to gather it into one place. Then, at a regular time

each day, go through that "bucket of stuff," one item at a time. Look at each email or piece of paper or text message and ask, "What is this?" Follow the diagram below to decide how to handle that "stuff." If you can take care of the thing in less than 2 minutes, do so right away. If you can't, set it aside to do at on a specific day and time later. Set an alarm to remind you. Then put it out of your mind.

## Key principles of "Getting Things Done"

1. Get everything that has your attention out of your head and capture it in a trusted place.
2. Decide what very next specific thing you need to do to finish that project. Set an alarm with your computer.
3. Define and keep track of all the big projects and big commitments you have. Decide what's a small task and what's a big, multi-step project.
4. Consistently update and review your master list of commitments. This will free your mind because you'll learn to trust your system of "getting things done."



**NEW CADETS  
START HERE  
& READ DOWN**

# CIVIL AIR PATROL CADET SUPER CHART

## PHASE I THE LEARNING PHASE

ACHIEVEMENT	ACHIEVEMENT	ACHIEVEMENT	WRIGHT BROTHERS AWARD
1	2	3	

## PHASE II THE LEADERSHIP PHASE

ACHIEVEMENT	ACHIEVEMENT	ACHIEVEMENT	ACHIEVEMENT	ACHIEVEMENT	ACHIEVEMENT	BILLY MITCHELL AWARD
4	5	6	7	8		



**JOHN CURRY**  
First National Commander of the Civil Air Patrol and a strong advocate for female aviators



**HAP ARNOLD**  
Commanding general of U.S. Army Air Forces during World War II



**MARY FEIK**  
Pioneer in the fields of aviation mechanics and engineering, and proud CAP member



**ORVILLE & WILBUR WRIGHT**  
First men to achieve powered, controlled, sustained, heavier-than-air flight



**EDDIE RICKENBACKER**  
America's "Ace of Aces" during World War I; he wanted CAP cadets to know him as "Eddie"



**CHARLES LINDBERGH**  
First man to fly across the Atlantic Ocean solo, non-stop, aboard the "Spirit of St. Louis"



**JIMMY DOOLITTLE**  
Pioneer in field of aeronautical engineering and leader of the World War II air raid on Tokyo



**ROBERT GODDARD**  
The "Father of Modern Rocketry" and developer of the first liquid-fueled rocket



**NEIL ARMSTRONG**  
First man to set foot on the Moon, aboard Apollo 11 on July 20, 1969 - "One giant leap for mankind"



**BILLY MITCHELL**  
America's first vocal advocate for military airpower, he proved the airplane could sink ships

### GRADE, INSIGNIA, & AWARDS

CADET AIRMAN	CADET AIRMAN FIRST CLASS	CADET SENIOR AIRMAN	CADET STAFF SERGEANT	CADET TECHNICAL SERGEANT	CADET MASTER SERGEANT	CADET SENIOR MASTER SERGEANT	CADET CHIEF MASTER SERGEANT	CADET CHIEF MASTER SERGEANT	CADET SECOND LIEUTENANT
									
									

Eligible for scholarships, Cadet Officer School and Civic Leadership Academy; eligible for E-3 in the USAF; eligible for promotion to 2d Lt as a senior member at age 21

### PROMOTION ELIGIBILITY REQUIREMENTS

The leadership requirements below are for cadets using the Learn to Lead text. Cadets may continue in the Leadership for the 21st Century text until 1 October 2013, at which time that "old" text becomes obsolete.

	Chapter 1 & Drill Test	Chapter 2 & Drill Test	Chapter 3 & Drill Test	Comprehensive Exam with Drill	Chapter 4 & Drill Test	Chapter 5 & Drill Test	Chapter 6 & Drill Test	Chapter 7 & Drill Test	Chapter 8 & Speech, Essay & Drill	Comprehensive Exam
<b>LEADERSHIP</b>	Chapter 1 & Drill Test	Chapter 2 & Drill Test	Chapter 3 & Drill Test	Comprehensive Exam with Drill	Chapter 4 & Drill Test	Chapter 5 & Drill Test	Chapter 6 & Drill Test	Chapter 7 & Drill Test	Chapter 8 & Speech, Essay & Drill	Comprehensive Exam
<b>AEROSPACE</b>	No Requirement	Any Module <i>Aerospace Dimensions</i>	Any Module <i>Aerospace Dimensions</i>	No Requirement	Any Module <i>Aerospace Dimensions</i>	Any Module <i>Aerospace Dimensions</i>	Any Module <i>Aerospace Dimensions</i>	Any Module <i>Aerospace Dimensions</i>	No Requirement	Comprehensive Exam
<b>CHARACTER</b>	Foundations & Safety Module	1 Forum	1 Forum	No Requirement	1 Forum	1 Forum	1 Forum	1 Forum	1 Forum	No Requirement
<b>ACTIVITIES</b>	Participate Actively	Participate Actively	Participate Actively	Participate Actively	Participate Actively	Participate Actively	Participate Actively	Participate Actively	Participate Actively	Encampment
<b>FITNESS</b>	Cadet Physical Fitness Test	Cadet Physical Fitness Test	Cadet Physical Fitness Test	Cadet Physical Fitness Test	Cadet Physical Fitness Test	Cadet Physical Fitness Test	Cadet Physical Fitness Test	Cadet Physical Fitness Test	Cadet Physical Fitness Test	Cadet Physical Fitness Test

### CADET PHYSICAL FITNESS TEST STANDARDS

		President's Challenge 25th Percentile; "Run plus 2 out of 3"							President's Challenge 35th Percentile; "Run plus 2 out of 3"							President's Challenge 50th Percentile; "Run plus 2 out of 3"									
		10	11	12	13	14	15	16	17+	10	11	12	13	14	15	16	17+	10	11	12	13	14	15	16	17+
<b>SIT &amp; REACH</b>	Males	20	21	21	20	23	24	25	28	22	23	23	23	25	27	27	31	25	25	26	26	28	30	30	34
	Females	24	24	25	24	28	31	30	31	26	26	27	27	30	32	32	33	28	29	30	31	33	36	34	35
<b>CURL UPS</b>	Males	30	31	34	36	39	38	38	38	32	34	37	39	41	41	40	40	35	37	40	42	45	45	45	44
	Females	25	27	29	30	31	30	30	28	27	29	31	33	34	32	32	30	30	32	35	37	37	36	35	34
<b>PUSH UPS</b>	Males	10	11	12	16	18	22	24	26	11	12	14	18	20	25	26	30	14	15	18	24	24	30	30	37
	Females	10	10	9	9	9	11	11	12	10	11	10	10	10	12	13	14	13	11	11	11	11	15	12	16
<b>SHUTTLE RUN</b>	Males	12.4	12.0	11.2	10.8	10.5	10.2	10.0	9.9	12.0	11.5	11.0	10.6	10.2	10.0	9.7	9.6	11.5	11.1	10.6	10.2	9.9	9.7	9.4	9.4
	Females	13.1	12.5	12.1	11.8	11.9	11.7	11.7	11.7	12.6	12.1	11.7	11.5	11.6	11.4	11.4	11.3	12.1	11.5	11.3	11.1	11.2	11.0	10.9	11.0
<b>MILE RUN</b>	Males	11:40	11:25	10:22	9:23	9:10	8:49	8:37	8:06	10:58	10:25	9:40	8:54	8:30	8:08	7:53	7:35	9:48	9:20	8:40	8:06	7:44	7:30	7:10	7:04
	Females	13:00	13:09	12:46	12:29	11:52	11:48	12:42	12:11	12:08	12:21	12:01	11:40	11:10	11:00	11:24	11:20	11:22	11:17	11:05	10:23	10:06	9:58	10:31	10:22

### LEADERSHIP EXPECTATIONS

<b>ATTITUDE</b>	Displays a positive attitude; optimistic; enthusiastic; is team oriented	Maintains a positive attitude and encourages good attitudes in others; does not flaunt rank or authority
<b>CORE VALUES</b>	Aware of the Core Values; honest; wears uniform properly; practices customs and courtesies	Displays a commitment to the Core Values; promotes team spirit, professionalism, and good sportsmanship as a team leader
<b>COMMUNICATION SKILLS</b>	Listens actively; attentive; asks good questions	Proficient in informal public speaking (i.e., in giving directions to and training junior cadets)
<b>SENSE OF RESPONSIBILITY</b>	Follows directions; dependable; arrives ready to learn and serve; effective in managing own time	Enforces standards; trustworthy in supervising a small team and leading them in fulfillment of a series of simple tasks; given a plan, is able to carry it out
<b>INTER-PERSONAL SKILLS</b>		Guides and coaches junior cadets; recognizes when junior cadets need help; leads by example; is not a "boss"
<b>CRITICAL THINKING</b>		
<b>DELEGATION SKILLS</b>		

### TYPICAL DUTIES

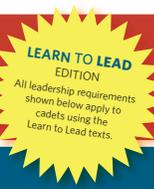


### MINIMUM TIME IN GRADE

Upon Joining	+ 8 weeks	+ 8 weeks	+ 8 weeks	+ 8 weeks	+ 8 weeks	+ 8 weeks	+ 8 weeks	+ 8 weeks	+ 8 weeks	+ 8 weeks
Jan '12	Mar '12	May '12	Jul '12	Sep '12	Nov '12	Jan '13	Mar '13	May '13	Jul '13	
			6 months to Wright Bros							18 months to Mitchell



This chart is NOT an accurate resource for the few cadets remaining in the Leadership for the 21st Century text



**PHASE III THE COMMAND PHASE** | **PHASE IV THE EXECUTIVE PHASE**

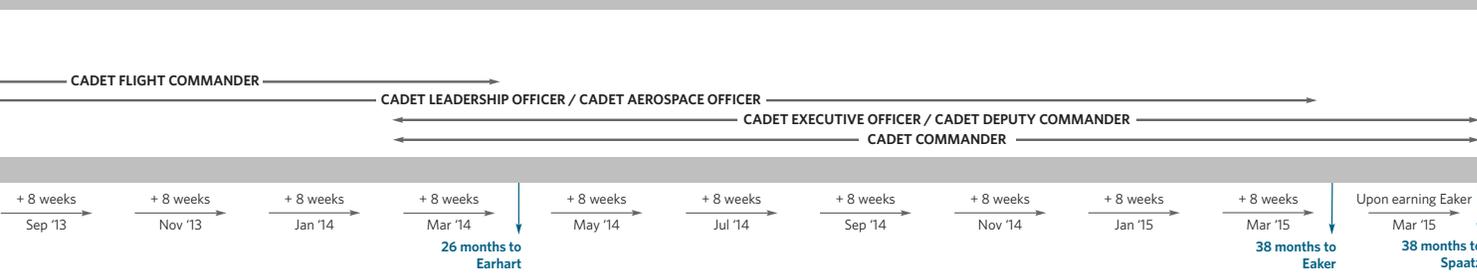
<b>ACHIEVEMENT 9</b>	<b>ACHIEVEMENT 10</b>	<b>ACHIEVEMENT 11</b>	<b>AMELIA EARHART AWARD</b>	<b>ACHIEVEMENT 12</b>	<b>ACHIEVEMENT 13</b>	<b>ACHIEVEMENT 14</b>	<b>ACHIEVEMENT 15</b>	<b>ACHIEVEMENT 16</b>	<b>IRA C. EAKER AWARD</b>	<b>GENERAL CARL A. SPAATZ AWARD</b>
<b>FLIGHT COMMANDER</b>	<b>ADMINISTRATIVE OFFICER</b>	<b>PUBLIC AFFAIRS OFFICER</b>	 <b>AMELIA EARHART</b> Record-setting female pilot who was lost while attempting to fly around the world	<b>LEADERSHIP OFFICER</b>	<b>AEROSPACE OFFICER</b>	<b>OPERATIONS OFFICER</b>	<b>LOGISTICS OFFICER</b>	<b>CADET COMMANDER</b>	 <b>IRA C. EAKER</b> Army Air Forces general and advocate of strategic bombardment during World War II	 <b>CARL SPAATZ</b> First Chief of Staff of the United States Air Force and first Chairman of the CAP National Board

<b>CADET SECOND LIEUTENANT</b>	<b>CADET FIRST LIEUTENANT</b>	<b>CADET FIRST LIEUTENANT</b>	<b>CADET CAPTAIN</b>	<b>CADET CAPTAIN</b>	<b>CADET MAJOR</b>	<b>CADET MAJOR</b>	<b>CADET MAJOR</b>	<b>CADET MAJOR</b>	<b>CADET LIEUTENANT COLONEL</b>	<b>CADET COLONEL</b>
No Ribbon Awarded	No Ribbon Awarded	No Ribbon Awarded	 <small>Eligible for the International Air Cadet Exchange; eligible for promotion to 1st Lt and the Cadet Programs Officer technician rating as a senior member at age 21</small>	No Ribbon Awarded	No Ribbon Awarded	No Ribbon Awarded	No Ribbon Awarded	No Ribbon Awarded	 <small>Eligible to receive credit for Squadron Leadership School and Level II as a senior member at age 21</small>	 <small>Eligible for promotion to captain, credit for a Cadet Programs Officer senior rating, and the Yeager Award as a senior member at age 21</small>

Chapter 9 & SDA Report	Chapter 10 & SDA Report	Chapter 11 & SDA Report	Comprehensive Exam	Chapter 12 & SDA Report	Chapter 13 & SDA Report	Chapter 14 & SDA Report	Chapter 15 & SDA Report	Chapter 16 & SDA Report	Speech & Essay	Comprehensive Exam
3-Chapter Block Journey of Flight	3-Chapter Block Journey of Flight	3-Chapter Block Journey of Flight	Comprehensive Exam	No Requirement	No Requirement	3-Chapter Block Journey of Flight	3-Chapter Block Journey of Flight	3-Chapter Block Journey of Flight	No Requirement	Comprehensive Exam
1 Forum	1 Forum	1 Forum	No Requirement	1 Forum	1 Forum	1 Forum	1 Forum	1 Forum	No Requirement	Essay Exam
Participate & Mentor	Participate & Mentor	Participate & Mentor	SDA Staff Service	Participate & Instruct	Participate & Instruct	Participate & Instruct	Participate & Instruct	Participate & Instruct	SDA Staff Service & Leadership Academy	Participate Actively
Cadet Physical Fitness Test	Cadet Physical Fitness Test	Cadet Physical Fitness Test	Cadet Physical Fitness Test	Cadet Physical Fitness Test	Cadet Physical Fitness Test	Cadet Physical Fitness Test	Cadet Physical Fitness Test	Cadet Physical Fitness Test	Cadet Physical Fitness Test	Cadet Physical Fitness Test

<i>President's Challenge 60th Percentile; "Run plus 2 out of 3"</i>							<i>President's Challenge 70th Percentile; "Run plus 2 out of 3"</i>							<i>70th Percentile; "Run plus 2 out of 3" Ages 10-14 not shown</i>				
10	11	12	13	14	15	16	17+	10	11	12	13	14	15	16	17+	15	16	17+
26	26	27	27	30	32	32	36	27	28	28	29	32	33	35	39	34	36	40
29	30	32	32	35	37	36	37	30	31	33	34	37	40	38	39	41	39	40
38	39	43	45	48	49	48	46	40	42	46	48	51	52	50	49	53	51	51
32	35	38	40	40	39	37	36	35	38	40	41	42	42	40	39	44	41	40
16	18	22	28	28	34	35	42	19	22	25	32	34	37	38	46	39	40	49
14	14	14	15	15	16	17	19	16	16	16	17	17	18	20	22	19	21	23
11.2	10.8	10.4	10.1	9.7	9.5	9.2	9.2	10.9	10.5	10.2	9.9	9.5	9.3	9.0	9.0	9.2	8.9	8.9
11.8	11.2	11.0	10.9	10.9	10.7	10.7	10.7	11.5	10.9	10.8	10.7	10.7	10.5	10.5	10.5	10.3	10.4	10.3
9:11	8:45	8:14	7:41	7:19	7:06	6:50	6:50	8:40	8:20	7:55	7:25	6:59	6:51	6:38	6:35	6:38	6:25	6:23
10:52	10:42	10:26	9:50	9:27	9:23	9:48	9:51	10:28	10:10	9:48	9:15	8:58	8:58	9:12	9:14	8:40	8:50	8:52

<p>Conscious of own performance; takes initiative to develop new skills; self-motivated and able to motivate others</p> <p>Fair, just, and consistent in dealing with subordinates; exercises good judgment in knowing which matters should be referred up the chain</p> <p>Writes and speaks clearly; presents ideas logically; wins through persuasion</p> <p>Given an assignment, takes project from beginning to end; develops appropriate goals, plans, standards, and follows through in execution; demonstrates sense of ownership in all assignments</p> <p>Actively mentors NCOs; resolves conflicts fairly; criticizes constructively; dissents respectfully when disagreeing with superiors</p> <p>Thinks in advance and plans ahead to meet the unit's short-term needs; imaginative and not tied to old ideas</p> <p>Delegates routine tasks effectively and works through NCOs; keeps people informed; makes expectations clear; supervises work of other leaders</p>	<p>Resilient; shows mental discipline in working to achieve long-term goals; welcoming of change; has habit of continual self-improvement</p> <p>Uses empathy; recognizes how Core Values relate to new and unfamiliar situations; makes sound and timely decisions independently</p> <p>Articulate; succinct; persuasive; varies message to fit audience; proficient in explaining complex issues</p> <p>Completes large projects with little supervision; follows and sets a command intent; self-starter</p> <p>Actively develops and mentors cadet officers; adapts leadership style to fit situation; calm under pressure</p> <p>Sets long-term goals for the unit; imaginative and visionary; recognizes unit's long-term needs; mentally agile when faced with unfamiliar problems</p> <p>Directs multiple teams and manages multiple tasks; assigns people to right jobs; delegates well and enables others to take charge</p>
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# CIVIL AIR PATROL PERSONAL CADET TRACKER

Phase I The Learning Phase		Date Completed	Score	Note	Phase II The Leadership Phase		Date Completed	Score	Note
<b>ACHIEVEMENT</b> <b>1</b> 	Leadership - online test				Leadership - online test				
	Leadership - drill test				Leadership - drill test				
	Aerospace - online test	na	na		Aerospace - online test			na	module #
	Fitness - pass CPFT		na		Fitness - pass CPFT			na	
	Character - attend 1 forum		na		Character - attend 1 forum			na	
Promotion effective date		anytime after joining CAP		Promotion effective date			≥ 56 days after last promotion		

<b>ACHIEVEMENT</b> <b>2</b> 	Leadership - online test				Leadership - online test				
	Leadership - drill test				Leadership - drill test				
	Aerospace - online test		module #		Aerospace - online test				module #
	Fitness - CPFT		na		Fitness - CPFT			na	
	Character - attend 1 forum		na		Character - attend 1 forum			na	
Promotion effective date		≥ 56 days after last promotion		Promotion effective date			≥ 56 days after last promotion		

<b>ACHIEVEMENT</b> <b>3</b> 	Leadership - online test				Leadership - online test				
	Leadership - drill test				Leadership - drill test				
	Aerospace - online test		module #		Aerospace - online test				module #
	Fitness - CPFT		na		Fitness - CPFT			na	
	Character - attend 1 forum		na		Character - attend 1 forum			na	
Promotion effective date		≥ 56 days after last promotion		Promotion effective date			≥ 56 days after last promotion		

<b>WRIGHT BROS. AWARD</b> 	Leadership - closed-book test				Leadership - online test				
	Leadership - drill test				Leadership - drill test				
	Aerospace - written test	na	na		Aerospace - online test				module #
	Fitness - CPFT		na		Fitness - CPFT			na	
	Promotion effective date		≥ 56 days after last promotion		Character - attend 1 forum			na	
My goal date for completing				Promotion effective date			≥ 56 days after last promotion		

**SET GOALS**  
When will you earn the Wright Brothers Award? The Spatz?

**Aerospace Dimensions**

- Complete the 6 modules in any order, marking an X in the appropriate space below.
- \_\_\_ 1 - Intro to Flight
  - \_\_\_ 2 - Aircraft Systems & Airports
  - \_\_\_ 3 - Air Environment
  - \_\_\_ 4 - Rockets
  - \_\_\_ 5 - Space Environment
  - \_\_\_ 6 - Spacecraft

See CAPR 52-16 for full details on promotion requirements. Some promotion requirements not tracked on this form include:

- \* Maintaining your CAP membership in good standing
- \* Being able to recite the Cadet Oath from memory
- \* Participating actively in squadron meetings and special events
- \* Obeying CAP rules and regulations and following the Core Values
- \* Fulfilling the "leadership expectations" for your Phase.
- \* Serving as a mentor in Phase III and an instructor in Phase IV
- \* Some squadrons have their cadets stand before a promotion board.
- \* Cadets who have 2+ years JROTC are eligible to promote every 28 days.

**ACHIEVEMENT**  
**4**

**ACHIEVEMENT**  
**5**

**ACHIEVEMENT**  
**6**

**ACHIEVEMENT**  
**7**

**ACHIEVEMENT**  
**8**

**BILLY MITCHELL AWARD**

Leadership - online test			
Leadership - drill test			
Aerospace - online test			module #
Fitness - pass CPFT		na	
Character - attend 1 forum		na	
Promotion effective date		≥ 56 days after last promotion	

Leadership - online test			
Leadership - drill test			
Aerospace - online test			module #
Fitness - CPFT		na	
Character - attend 1 forum		na	
Promotion effective date		≥ 56 days after last promotion	

Leadership - online test			
Leadership - drill test			
Aerospace - online test			module #
Fitness - CPFT		na	
Character - attend 1 forum		na	
Promotion effective date		≥ 56 days after last promotion	

Leadership - online test			
Leadership - drill test			
Aerospace - online test			module #
Fitness - CPFT		na	
Character - attend 1 forum		na	
Promotion effective date		≥ 56 days after last promotion	

Leadership - online test			
Leadership - drill test			
Leadership - essay		na	
Leadership - speech		na	
Aerospace - online test	na	na	
Fitness - CPFT		na	
Character - attend 1 forum		na	
Promotion effective date		≥ 56 days after last promotion	

Leadership - closed-book test			
Leadership - drill test			
Aerospace - closed-book test			
Fitness - CPFT		na	
Encampment		na	
Promotion effective date		≥ 56 days after last promotion	

Pin this tracker to your wall and record your advancement in the Cadet Program. This is not an official record and will not be used to justify awards.

My goal date for completing

Phase III The Command Phase			Phase IV The Executive Phase		
Date Completed	Score	Note	Date Completed	Score	Note
<b>ACHIEVEMENT</b>					
<b>9</b> 		Leadership - online test Leadership - staff duty analysis Aerospace - online test Fitness - pass CPFT Character - attend 1 forum Promotion effective date			Leadership - online test Leadership - staff duty analysis Aerospace - online test Fitness - pass CPFT Character - attend 1 forum Promotion effective date
<b>ACHIEVEMENT</b>					
<b>10</b> 		Leadership - online test Leadership - staff duty analysis Aerospace - online test Fitness - CPFT Character - attend 1 forum Promotion effective date			Leadership - online test Leadership - staff duty analysis Aerospace - online test Fitness - CPFT Character - attend 1 forum Promotion effective date
<b>ACHIEVEMENT</b>					
<b>11</b> 		Leadership - online test Leadership - staff duty analysis Aerospace - online test Fitness - CPFT Character - attend 1 forum Promotion effective date			Leadership - online test Leadership - staff duty analysis Aerospace - online test Fitness - CPFT Character - attend 1 forum Promotion effective date
<b>AMELIA EARHART AWARD</b> 					
		Leadership - closed-book exam Leadership - staff service Aerospace* - closed-book exam Fitness - CPFT Promotion effective date <b>My goal date for completing</b>			Leadership - online test Leadership - staff duty analysis Aerospace - online test Fitness - CPFT Character - attend 1 forum Promotion effective date
* In Phase III, you start studying <i>Aerospace: The Journey of Flight</i> , but the Earhart aerospace exam is based on the <i>Aerospace Dimensions</i> text.					
<b>ACHIEVEMENT</b>					
<b>12</b> 					Leadership - online test Leadership - staff duty analysis Aerospace - online test Fitness - pass CPFT Character - attend 1 forum Promotion effective date
<b>ACHIEVEMENT</b>					
<b>13</b> 					Leadership - online test Leadership - staff duty analysis Aerospace - online test Fitness - CPFT Character - attend 1 forum Promotion effective date
<b>ACHIEVEMENT</b>					
<b>14</b> 					Leadership - online test Leadership - staff duty analysis Aerospace - online test Fitness - CPFT Character - attend 1 forum Promotion effective date
<b>ACHIEVEMENT</b>					
<b>15</b> 					Leadership - online test Leadership - staff duty analysis Aerospace - online test Fitness - CPFT Character - attend 1 forum Promotion effective date
<b>ACHIEVEMENT</b>					
<b>16</b> 					Leadership - online test Leadership - staff duty analysis Aerospace - online test Fitness - CPFT Character - attend 1 forum Promotion effective date
<b>IRA G. EAKER AWARD</b> 					
					Leadership - essay Leadership - speech Leadership - staff service Leadership academy Fitness - CPFT Promotion effective date <b>My goal date for completing</b>
<b>CARL A. SPAATZ AWARD</b> 					
					Leadership - closed-book exam Aerospace - closed-book exam Fitness - CPFT Character - closed-book essay Promotion effective date <b>My goal date for completing</b>

### Aerospace: The Journey of Flight

Complete the six tests in any order, marking an "X" in the space below.

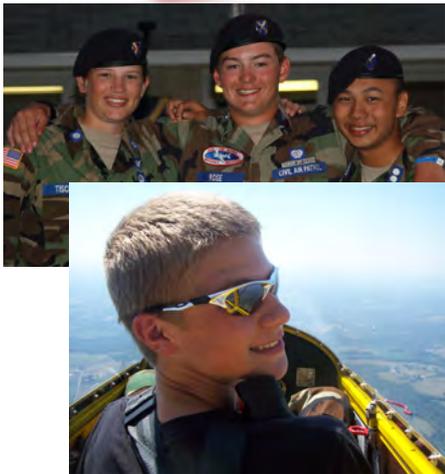
Test Number	Corresponding module in Aerospace Dimensions	Study Journey Chapters	Notes
1 -	Introduction to Flight	1, 7, 8	You must complete one test during achievements 9, 10, 11, 14, 15, and 16. You may take the tests in any order. If possible, study the "Journey" chapters corresponding to the "Aerospace Dimensions" module being studied by the cadets you are mentoring or instructing. Some chapters in "The Journey" (11-17, 20, 22) are not included in your course of study.
2 -	Aircraft Systems & Airports	2, 9, 10	
3 -	Air Environment	3, 18, 19	
4 -	Rockets	4, 21, 23	
5 -	Space Environment	5, 24, 25	
6 -	Spacecraft	6, 26, 27	

# LOOKING AHEAD: YOUR CA

## TEST FLY a CAREER

National Cadet Special Activities are one of the highlights of the cadet program. These summer activities focus on career exploration, leadership development, search and rescue skills, aeronautical training, Air Force familiarization, government, and a variety of other topics to interest any cadet.

To attend an NCSA cadets must achieve a certain age and rank, which varies, have completed an Encampment, and go through a selection process. Activities are announced in December for the coming summer. Check out [ncsas.com](http://ncsas.com) for details.



### AIR FORCE CAREERS

- Civil Engineering Familiarization Course
- Cyber Defense Familiarization Course
- Pararescue Orientation Course
- Space Command Familiarization Course
- Undergraduate Pilot Training Familiarization Course

### AVIATION CAREERS

- Aircraft Manufacturing & Maintenance Academy
- Glider & Powered Flight Academies
- MKS Aviation Business Academy
- Model Aircraft & Remote Control Flight Academy
- National Blue Beret (EAA Airventure)

### LEADERSHIP & PUBLIC SERVICE CAREERS

- Cadet Officer School
- Civic Leadership Academy\*
- Hawk Mountain Ranger Search and Rescue School
- International Air Cadet Exchange
- National Cadet Competition
- National Character & Leadership Symposium\*
- National Emergency Services Academy

### TECHNOLOGY CAREERS

- E-Tech: Engineering Technologies Academy
- Advanced Technologies Academy

*\*denotes a winter activity; announced in late September*

## LOOKING BACK: a HISTORY of CIVIL AIR PATROL



Civil Air Patrol was conceived in the late 1930s by aviation advocate Gill Robb Wilson, who imagined that civilian pilots could help support the military. CAP was created on 1 December 1941, just one week prior to the attack on Pearl Harbor. An active duty Army officer, Maj. Gen. John F. Curry, served as the first national commander.

Thousands of volunteers answered America's call to national service and sacrifice by performing critical wartime missions. Assigned to the War Department under the jurisdiction of the Army Air Corps, the contributions of Civil Air

Patrol, including logging more than 500,000 flying hours, sinking two enemy submarines, and saving hundreds of crash victims during World War II, are well documented. More than 150,000 volunteers – including women, young people, and senior citizens – gave their time and talents in defense of America.

After the war, a thankful nation understood that Civil Air Patrol could continue providing valuable services to both local and national agencies. On July 1, 1946, Civil Air Patrol was incorporated as a benevolent, nonprofit

organization. On May 26, 1948, Congress permanently established Civil Air Patrol as the auxiliary of the new U.S. Air Force. Three primary mission areas were set forth at that time: aerospace education, cadet programs, and emergency services.

In 2014, the 113th Congress, passed legislation awarding the a Congressional Gold Medal to the World War II-era members of the Civil Air Patrol. The medal would be presented "in recognition of their military service and exemplary record during World War II."

# DET CAREER & BEYOND

## Thinking about the military, college, or flight training?

**R.O.T.C.** Air Force ROTC is a college program offered at more than 1,100 colleges and universities across the U.S. It prepares you to become an Air Force Officer while earning a college degree. **Earn your Mitchell Award** to receive extra consideration for an AFROTC scholarship.

After earning your degree and completing ROTC requirements, contracted cadets accept a commission as second lieutenants in the Air Force. The length of your initial service commitment depends on your career. Most cadets make a four-year, active duty service commitment. Pilots, nursing graduates and some others will have longer service arrangements. Check out [afrotc.com](http://afrotc.com) for more details.

**Enlistment.** The Air Force is proud of CAP cadets. If you **earn your Mitchell Award** and enlist in the Air Force, you'll be eligible to start out as an Airman First Class (E-3).

**College & Flight Training.** Even if you're not interested in the military, CAP can help you prepare for your future through college and flight training scholarships. **Earn your Mitchell Award** to become eligible to apply, then see [capmembers.com/scholarships](http://capmembers.com/scholarships) for details.



**The Academy.** Attending the U.S. Air Force Academy is a dream for many CAP cadets. The Academy offers a top-ranked education and a world of opportunity. If the USAFA is your dream, start preparing now. **Earn your Mitchell Award** and apply for CAP's special path to the Academy through the USAFA Preparatory School. See [capmembers.com/scholarship](http://capmembers.com/scholarship). In the meantime:



- ◆ **Study hard.** Study hard. Get the best grades you can in all subjects — especially English, math and science.
- ◆ **Join a sports team.** If your school does not have a sports program, you can usually find one at your local community park or recreation center.
- ◆ **Be a leader.** CAP will give you the tools you need to lead yourself and others. Participate actively and learn from your mentors.
- ◆ **Show your character.** Consider activities that help others. Get involved with church groups or other organizations that support your community.



**10%**  
Percent of USAFA cadets who got their start in CAP (on average)

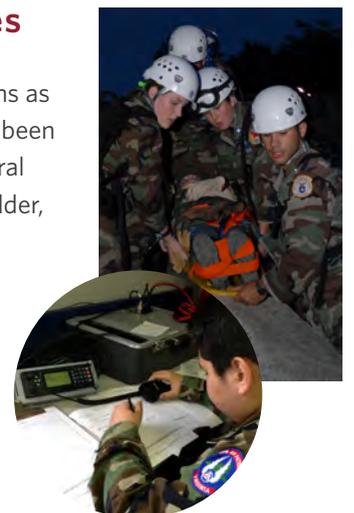
## Train to assist in a crisis through CAP's Emergency Services

Cadets aid adult CAP volunteers in conducting search and rescue and humanitarian missions as qualified radio operators, ground team members, and mission staff assistants. Cadets have been credited with locating downed aircraft, finding missing persons, helping in the wake of natural disasters, and saving lives. "ES" is serious business. If you're joining CAP at, say, age 16 or older, the ES mission might be something you should check out. Here's how to get started:

Here's what you'll need to do:

1. Have a current CAP membership
2. Complete Achievement 1 and earn C/Amn.
3. Study CAP Regulations 60-3 and 173-3 and pass CAP Test 116. You can do this on your own via eServices.

Once qualified in General ES you choose a specialty and work towards qualification in that area. Common specialties for cadets include Mission Staff Assistant, Mission Radio Operator, Ground Team Member, and Flight Line Marshall. Emergency service operations vary in different areas, so talk to your squadron ES officer about the training and opportunities available to you.



## **THE CADET OATH**

I pledge that I will serve faithfully  
in the Civil Air Patrol Cadet Program  
and that I will attend meetings regularly  
participate actively in unit activities  
obey my officers  
wear my uniform properly  
and advance my education and training rapidly  
to prepare myself to be of service  
to my community, state, and nation.

Welcome to the Civil Air Patrol Cadet Program. This booklet is the new cadet's #1 source for introductory information about cadet life. For web-based help, please see [capmembers.com/newcadet](http://capmembers.com/newcadet).

**TODAY'S CADETS: TOMORROW'S AEROSPACE LEADERS**

