

COURSE DESCRIPTIONS

Familiarization Course

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

Prerequisites: Must be medically and physically fit, and have completed Green Star training by 30 Jun 13.
Training Centres: Blackdown (Borden, ON), or Valcartier QC, or Argonaught (Gagetown) NB

Drill and Ceremonial Courses

2. **Basic Drill and Ceremonial Course** - The aim of this three-week course is to provide cadets with the fundamentals of followership, teamwork and leadership training, building upon what has been taught in Red Star of the Corps level program. This aim will be accomplished by the development of self-confidence, knowledge and skills, and by providing ample opportunity for practical application. By establishing a dynamic learning environment that exposes the cadet to a variety of followership, teamwork and leadership opportunities, this course will inspire the cadets to further pursue leadership training at the Corps and on the Drill & Ceremonial Instructor course.

Prerequisites: Must be medically and physically fit, and have completed Red Star training by 30 Jun 13.
Training Centres: Blackdown (Borden, ON), or Valcartier QC

3. **Drill & Ceremonial Instructor Course** - The aim of this six-week course is to develop a specialist with the skills and subject matter knowledge required to be an instructor for drill and ceremonial activities. The aim will be accomplished by further developing drill and ceremonial related specialist skills and knowledge that will allow them to perform the duties of a specialist instructor for ceremonial activities. By establishing a dynamic learning environment that exposes the cadets to a variety of drill and ceremonial opportunities, this course will prepare the cadets to assume a specialist parade position at the Corps and CSTCs.

Prerequisites: Must be medically and physically fit, have completed Silver Star training by 30 Jun 13.
Training Centre: Blackdown (Borden, ON), or Valcartier QC

Fitness and Sports Courses

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

Prerequisites: Must be medically fit, have completed Red Star training by 30 Jun 13, and be motivated to increase personal fitness.

Training Centres: Blackdown (Borden, ON), or Valcartier QC

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

Prerequisites: Must be medically fit, have completed Silver Star training by 30 Jun 13 and have achieved the overall fitness incentive level bronze, as detailed IAW CATO 51-01 and CATO 14-18

Training Centres: Blackdown (Borden, ON), or Valcartier QC

Expedition Courses

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

Prerequisites: Must be medically fit, have completed Red Star training by 30 Jun 13 and be motivated to pursue expedition training.

Training Centres: Blackdown (Borden, ON), or Valcartier QC,

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

Prerequisites: Must be medically fit, have completed Silver Star training by 30 Jun 13 and have achieved the overall fitness incentive level bronze, as detailed IAW CATO 51-01 and CATO 14-18

Training Centres: Blackdown (Borden, ON), or Valcartier QC, or Whitehorse YK

Marksmanship Courses

8. **Basic Marksman Course** - The aim of this three-week course is to provide cadets with the fundamentals air rifle marksmanship, building upon what has been experienced at the Corps. This aim will be accomplished through the development of skills and the

provision of ample opportunity for practical application. The course will promote the development of marksmanship competition, sportsmanship and teamwork. By establishing a dynamic learning environment that exposes the cadets to a variety of air rifle marksmanship opportunities, this course will inspire the cadets to further pursue Marksmanship opportunities at the Corps and Air Rifle Marksmanship Instructors Course, or the Fullbore Marksman Phase I Course. The cadets will be provided with the basic theoretical, technical, and practical skills required to assist in the delivery of the Corps marksmanship program.

Prerequisites: Must be medically fit, have completed Red Star training by 30 Jun 13, and be motivated to pursue marksmanship training.

Training Centres: Connaught (Ottawa, ON), or Valcartier QC

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

Prerequisites: Must be medically fit, have completed Silver Star training by 30 Jun 13, and be motivated to pursue marksmanship training.

Training Centre: Connaught (Ottawa, ON)

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

Prerequisites: Must be medically fit, have completed Silver Star training by 30 Jun 13, be motivated to pursue marksmanship training and be selected based on participation on the Basic Marksmanship Course, their standing on the Zone Level of the Canadian Cadet Marksmanship Championship and a postal return of their top 6 air rifle grouping targets.

Training Centre: Connaught (Ottawa, ON)

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

Prerequisites: Must be medically fit, have completed Gold Star training by 30 Jun 13, be motivated to pursue marksmanship training and be invited to attend based on their standing on the Fullbore Marksman Phase I Course.
Training Centres: Connaught (Ottawa, ON) and Blackdown (Borden, ON)

12. **Royal Canadian Army Cadets National Rifle Team** – The aim of this eight-week course is to develop a specialist with the attitude, skills and subject matter knowledge required to participate in competitive fullbore marksmanship as a member of a competitive team at the international level. The cadet will be provided with the necessary theoretical, technical, and practical skills required to participate as a largebore 7.62mm rifle competitor. The cadet will participate in the Canadian National Cadet Fullbore Championship, the United Kingdoms International Fullbore Championship in Bisley, England and the Dominion of Canada Rifle Associations' National Fullbore Championship.

Prerequisites: Must be medically fit, have completed Gold Star training by 30 Jun 12, have achieved the Bronze Level of the Cadet Fitness Assessment Incentive Level, be motivated to pursue marksmanship training and be invited to attend based on their standing on the Fullbore Marksman Phase II Course.
Training Centres: Connaught (Ottawa, ON) and Bisley (England)

Music Courses

13. **Military Band - Basic Musician Course** - The aim of this course is to develop the music proficiency of cadets and prepare them to support their Corps bands and related music activities. As well, they will experience some aspects of Army Cadet training to help them in their future course selections of the Army CSTC program.

Prerequisites: Must be medically and physically fit, and have completed Red Star training by 30 Jun 13.
Training Centre: Blackdown (Borden, ON)

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

Prerequisites: Must be medically and physically fit, have achieved the music proficiency of level Basic and have completed Silver Star training by 30 Jun 12.
Training Centres: Blackdown (Borden, ON)

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

Prerequisites: Must be medically and physically fit, have achieved the music proficiency of level 2, and have completed Gold Star training by 30 Jun 13.
Training Centres: Blackdown (Borden, ON), and Mont St. Sacrament (PQ)

16. **Pipe Band – Basic Musician Course** – The aim of this course is to develop the music proficiency of cadets and prepare them to support their Corps Pipe bands and related music activities. As well, they will experience some aspects of Army Cadet training to help them in their future course selections of the Army CSTC program.

Prerequisites: Must be medically and physically fit, and have completed Red Star training by 30 Jun 13.
Training Centre: Blackdown (Borden, ON)

17. **Pipe Band - Intermediate Musician Course** - The aim of this Course is to raise the cadet's musical skills to the standard of the next music proficiency level (level 2-3). This training is to develop the music proficiency of cadets and prepare them to support their Corps Pipe bands and related music activities. During this six-week course, instruction is also given in highland traditions, instrument maintenance & repair and other music-related skills, while the more senior levels also learn some Instructional Techniques relating to music. Note – depending on music proficiency, cadets may undertake this course more than once.

Prerequisites: Must be medically and physically fit, have achieved the music proficiency of level 1 and have completed Silver Star training by 30 Jun 13.
Training Centre: Blackdown (Borden, ON)

18. **Pipe Band –Advanced Musician Course** - The aim of this Course is to raise the cadet's musical skills to the standard of the next music proficiency level (level 4-5). This training is to develop the music proficiency of cadets and prepare them to support their Corps Pipe bands and related music activities. During this six-week course, instruction is also given in highland traditions, instrument maintenance & repair and other music-related skills, while the more senior levels also refine their Instructional Techniques relating to music. Note – depending on music proficiency, cadets may undertake this course more than once.

Prerequisites: Must be medically and physically fit, have achieved the music proficiency of level 3 and have completed Gold Star training by 30 Jun 13.
Training Centre: Blackdown (Borden, ON)

Advanced Training and Exchanges

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

Prerequisites: Must be medically and physically fit, have no participation limitations which may preclude them from participating in intense level adventure training activities in remote locations and in high altitudes, have achieved minimum the Bronze Level of the Cadet Fitness Assessment Incentive Level, be motivated to pursue outdoor leadership and adventure training activities, have completed Gold Star training by 30 Jun 12. Priority will be given to those cadets that are National Star Certification Examination (NSCE) Qualified, followed by cadets with a higher ranking in the National Star of Excellence (NSE).
Training Centre: Rocky Mountain (Canmore, AB)

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

Prerequisites: be certified by a CF medical officer as being physically and mentally fit, must be 16 by 1 July of year of training and shall not have reached the age of 19 during the course, have no participation limitations which may preclude them from participating in intense level physical training activities in remote locations and in high altitudes, have achieved the minimum fitness requisite of 31 sit-ups & 7 chin-ups & a 1600 meter run in under 7:30 minutes, be motivated to pursue Parachute training activities, have completed Gold Star training by 30 Jun 13. Priority will be given to those cadets that are National Star Certification Examination (NSCE) Qualified, followed by cadets with a higher ranking in the National Star of Excellence (NSE).
Training Centre: CFB Trenton (ON)

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

Prerequisites: Must be medically and physically fit, must be 16 by the start of the exchange, have no participation limitations which may preclude them from participating in intense level adventure training activities in remote locations overseas and in high altitudes, have achieved minimum the Bronze Level of the Cadet Fitness Assessment Incentive Level, be motivated to pursue outdoor leadership and adventure training activities, have completed Gold Star training by 30 Jun 13. Priority will be given to those cadets that are National Star Certification Examination (NSCE) Qualified, followed by cadets with a higher ranking in the National Star of Excellence (NSE).
Training Centres: Connaught (Ottawa, ON) and the United Kingdom (OBW – Wales, OBS – Scotland and MLE – England)

22. **Staff Cadet Opportunities (Advanced Training)** - Staff cadets are the NCOs of the Summer Training Centres. A staff cadet can assist the officer staff with the instruction and supervision of cadets, or might be tasked in an administrative or logistical support role. Rank and pay for staff cadets depend upon the position; this is usually determined during a pre-course training and evaluation period. A staff cadet applicant must be at least 16 on 1 Jan 13. Additional information on staff cadet opportunities and prerequisites can be found at: http://www.cadets.ca/empl_eng.aspx 2013 Course Dates (Exclusive of travel days)

2013 Course Dates (Exclusive of travel days)

Argonaught SCTC

GT	Serial A 9 - 20 Jul	Serial B N/A	Serial C N/A
Three Week	Serial A 8 - 26 Jul	Serial B N/A	

Valcartier CSTC

two-week	Serial A 8 - 16 Jul	Serial B N/A	Serial C N/A
three-	Serial A	Serial B	

week	8 - 26 Jul	N/A
six-week	8 Jul - 16 Aug	

Connaught CSTC

three-week	Serial A 8 - 26 Jul	Serial B 29 Jul - 16 Aug
six-week	8 Jul - 16 Aug	
FB II	8 Jul - 23 Aug	
RCAC NRT	24 Jun - 24 Aug	
UK	3 Jul - 9 Aug	

CFB Trenton

Para Course	TBD
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Blackdown CSTC

two-week	Serial A 8 - 19 Jul	Serial B 22 Jul - 2 Aug	Serial C 5 - 16 Aug
three-week	Serial A 8 - 26 Jul	Serial B 29 Jul - 16 Aug	
six-week	8 Jul - 16 Aug		

Rocky Mountain CSTC

CLC	8 Jul - 16 Aug
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Whitehorse CSTC

Exp Inst	8 Jul - 16 Aug
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Note - Dates subject to change – check Joining Instructions and travel orders for correct final dates and times.

GENERAL INFORMATION

- All cadets applying for Army cadet summer training must be medically fit and submit an application for summer training. These applications are submitted using the FORTRESS – The National Administration System for the CCO, and are completed for cadets through their Corps staff.
- Due to the remote location of some Cadet Summer Training Centres (CSTCs), cadets with severe allergies or other medical conditions that may require rapid medical attention may be precluded from attending certain courses.
- Applicants must have parent/guardian consent, and must be recommended by their Commanding Officer (CO).
- The cadet must have successfully completed the required training level, and also meet any other prerequisite(s) specific to the course(s) for which the application is made.
- A cadet's 19th birthday must occur after the return travel date.
- In all cases, the cadet must have demonstrated an interest in, and aptitude for, further Army cadet training.
- Cadets who report for summer training and are found not to meet course prerequisites may be re-coursed or returned to unit, at the discretion of the CSTC CO.
- A training bonus of \$10 per day is paid to every cadet for each day of training they complete (to a weekly maximum of \$60, and a course maximum of \$360). Depending on the course and CSTC, this may be paid upon completion of the course, or portions of the bonus may be paid during the course.



ARMY CADET SUMMER TRAINING OPPORTUNITIES



Information for Cadets and their parents

SUMMER 2013

Information accurate at time of printing, but is subject to change

REGIONAL CADET SUPPORT UNIT (CENTRAL)



(Aussi disponible en Français)