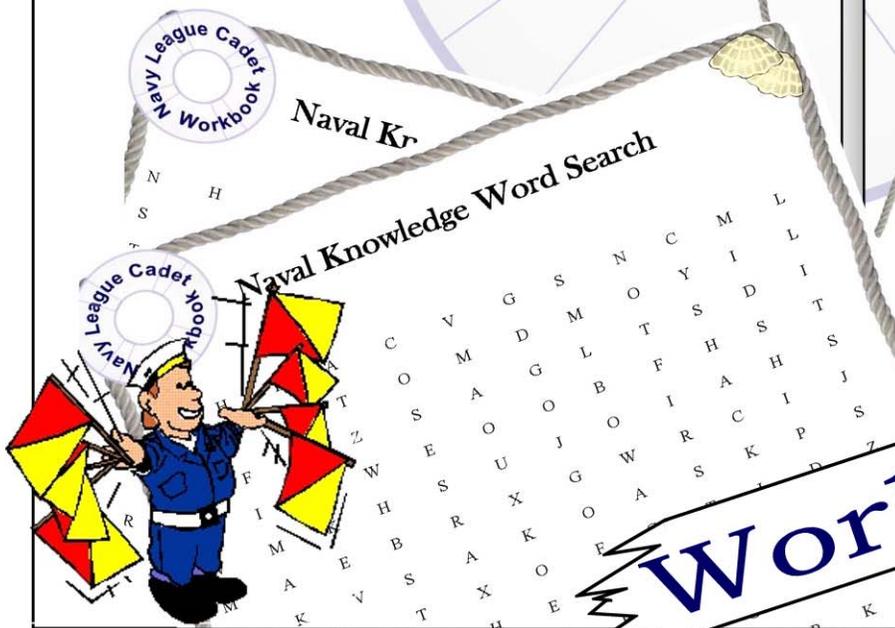
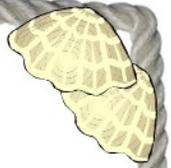


# Navy League Cadets

## Petty Officers





## MEMBERS OF MY CORPS

Name of Corps: \_\_\_\_\_

Commanding Officer: \_\_\_\_\_

Executive Officer: \_\_\_\_\_

Training Officer: \_\_\_\_\_

Supply Officer: \_\_\_\_\_

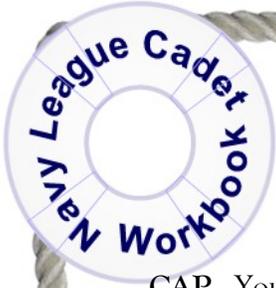
Administration Officer: \_\_\_\_\_

My Division: \_\_\_\_\_

My Divisional Officer: \_\_\_\_\_

My Divisional Petty Officer: \_\_\_\_\_





## UNIFORM MAINTENANCE INSTRUCTIONS

**CAP** - Your cap should be cleaned with a soft brush, warm or hot water and detergent such as Ajax, Comet or dish soap. Liquid shoe polish should not be used as it runs when it rains. After your cap is clean it should be placed in a bag and stored where it won't get crushed. The top of a closet is a good place.

Note: Your shirt and trousers should be washed in warm or cold water and can be washed with all dark clothes when a laundry is done. They can be machine dried and then both need to be pressed.

**TROUSERS** - Turn inside out and press with a damp lint-free cloth over the seams. DO NOT put a crease down the front of your trousers. In most cases each side must be done separately, as the seams at the sides do not usually line up. When finished leave them inside out and place on a pant hanger or a hanger that will not leave a crease through the middle.

**SHIRT** - If you iron your shirt on a high temperature inside out (all except the sleeves) it will come out nicely. For the sleeves, place them on the ironing board with the seam to one side. Iron each sleeve flat and ensure that **there are no creases**. The sleeve will have to be rolled on the board in order to ensure that the entire sleeve has been pressed. Make sure no threads (Irish pennants) are sticking out. If so, clip them off with a pair of scissors. Press your collar, epaulettes, and cuffs.

**WEB BELT** - Remove the buckles and wash in hot soapy water. If the belt is extremely dirty, (it shouldn't be if it is being cleaned regularly) you may wash it using bleach. **Ask an adult to help you.**

**LANYARD** - Made of cotton, it is machine washable DO NOT DRY IT IN A DRYER. To dry, place some tape on a nail somewhere so rust will not get on the lanyard and then tie a shoe to the other end for weight. If it is done this way it will look new for years. It is worn around your neck, through the epaulets with the knot at the second button, looped at the fourth button and the remainder tucked neatly in the left breast pocket.

**BOOTS** - Place a LIGHT coat of black shoe polish (Kiwi works best) on the boots let it dry for 15 to 20 minutes, then using cold-water rub in small circles until a shine can be seen. When finished the boots can be buffed with an old nylon. Do not use a shoe brush, it works fine for normal shoes, however, it is next to impossible to get a high gloss shine using a brush. Your boots should be polished after every time you wear them. When finished put them in a place where they will not get scuffed.

# RIGHT SLEEVE

Centre Line of Sleeve

Shoulder Seam



Cadet Shoulder Flash



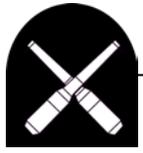
Regulator  
Badge



Communicator  
Badge



Bandsman  
Badge



Gunnery  
Badge



Boatswain  
Badge



Geocaching  
Badge



Marksman  
Badge



Boatwork  
Badge



Sailing  
Badge



Semaphore  
Badge



Excellence  
Badge



Merit  
Badge



Navy League  
First Aid  
Badge



First Aid  
Badge  
(other)

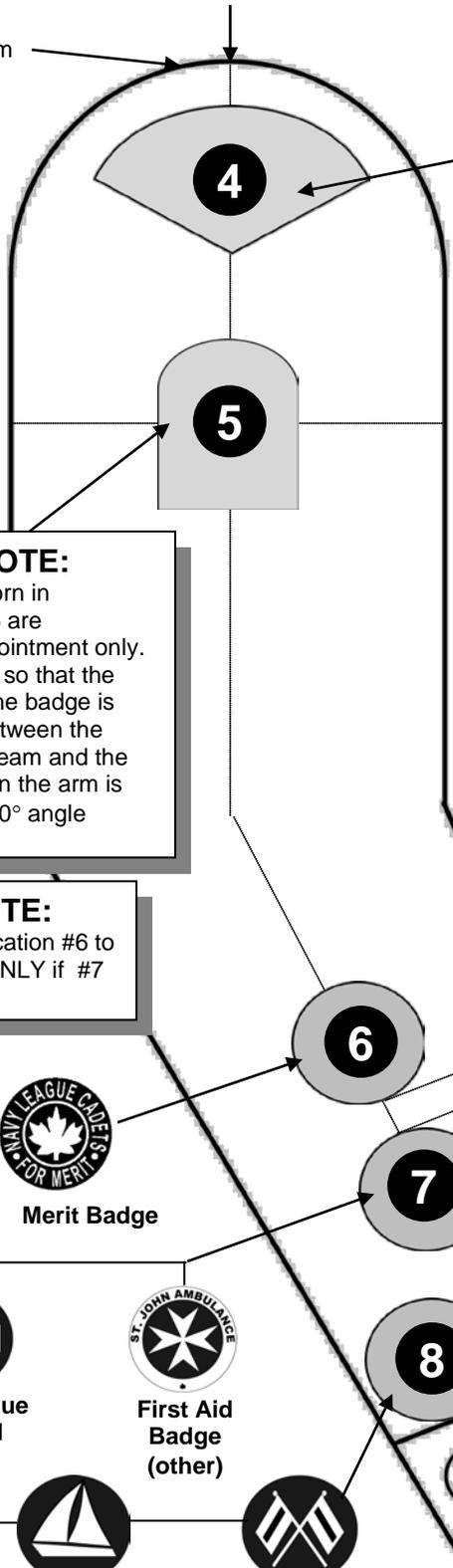


Summer  
Camp  
Badge

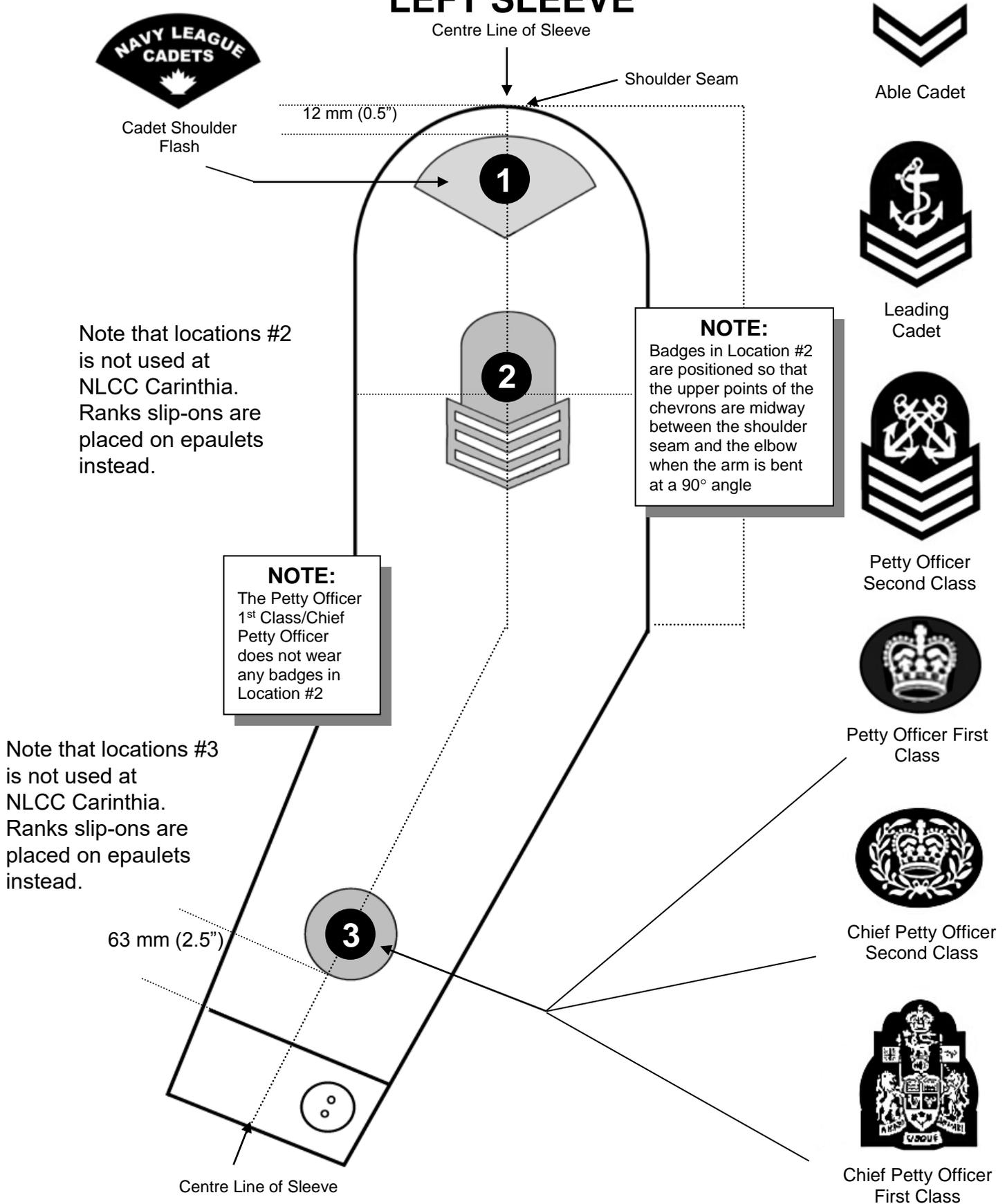
**NOTE:**  
Badges worn in location #5 are Trade/Appointment only. Positioned so that the centre of the badge is midway between the shoulder seam and the elbow when the arm is bent at a 90° angle

**NOTE:**  
Badge Location #6 to be used ONLY if #7 is used

**NOTE:**  
Badges worn in location #8 are skill badges only. Positioned so that 2 badges may be placed on the outside of the sleeve, bottom touching the upper edge of the cuff. The centre line of the sleeve should split the badges with 1/2 cm space to each side. If only one skill badge is being worn, it is worn on the front spot



# LEFT SLEEVE





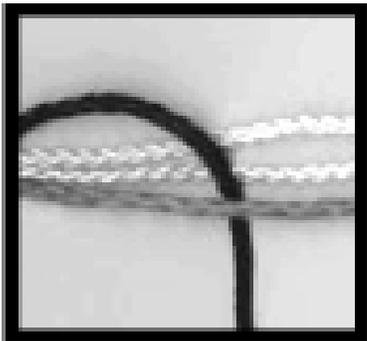
## NAVY LEAGUE CADET RIGHTS AND RESPONSIBILITIES

RIGHTS	RESPONSIBILITIES
<ul style="list-style-type: none"><li>• Be treated fairly and with respect</li><li>• Be included</li><li>• Seek help</li><li>• Make decisions</li><li>• Use the law</li><li>• Feel safe</li><li>• Learn</li><li>• Be heard</li><li>• Say “NO” to unwelcome behaviour</li><li>• Be protected from all forms of abuse and harassment</li></ul>	<ul style="list-style-type: none"><li>• Show support for Canada, your community, and your corps</li><li>• Treat Officers and other cadets fairly and with respect</li><li>• Attend parades regularly - and be on time</li><li>• Present oneself in an appropriate manner while in uniform and at all NL Cadet activities</li><li>• Wear and maintain the uniform and equipment in your possession</li><li>• Actively participate during lessons</li><li>• Participate in NL branch fund-raising endeavours</li><li>• Perform duties as they are assigned</li></ul>

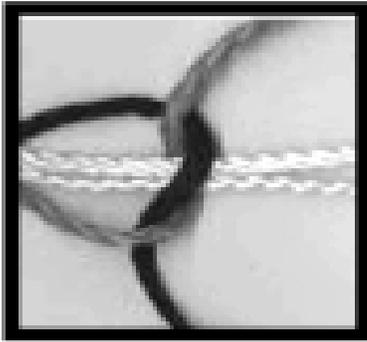
<p>DPO Positions</p>	<p style="text-align: center;"><b>ADVANCE IN LINE</b></p> <p style="text-align: center;">♀</p> <p style="text-align: right;">3 PACES</p>
<p>When on the March</p>	<p style="text-align: center;">♀</p> <p style="text-align: right;">3 PACES</p> <p style="text-align: center;"><b>COLUMN OF THREES</b></p>
	<p style="text-align: center;"><b>COLUMN OF ROUTE</b></p> <p style="text-align: right;">2 PACES</p>



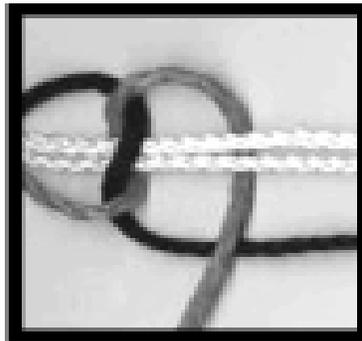
# PORTUGUESE SENNIT



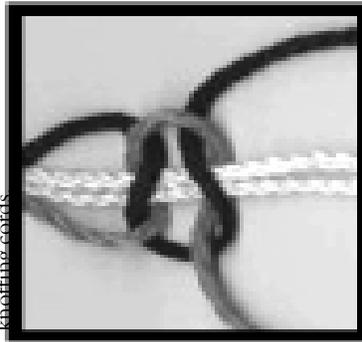
1. Place the right hand (darker) cord over the two core (white) cords. Place it under the left hand (lighter) cord.



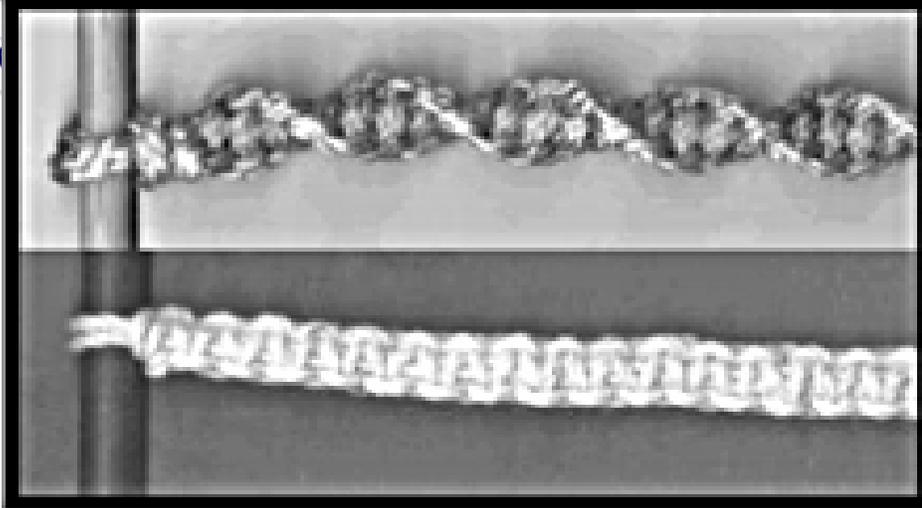
2. Bring the left hand cord under the two core cords and up through the loop formed by the core cord and the darker cord. Tighten by pulling gently on the knitting cords



3. The second half of the square knot is the reverse of the first half. Bring the lighter cord (which is now on the right hand side) behind the two core cords. Bring it over the left hand (darker) cord.



4. Place the darker cord into the right hand loop by going over the core cords and under the lighter cord. Tighten by gently pulling on the knitting cords.



You can create a flat Portuguese Sennit (left picture) by repeating steps 1-4. In order to create a spiral Portuguese Sennit (right picture), only repeat steps 1 and 2 until the desired length has been reached.



# The Boatswain's Call

## 1. INTRODUCTION

Piping is a naval method of passing Orders and information, and every Cadet should know how to use a **“Boatswain's Call” (the Call)** and how to pipe an order. Orders passed are known as **“Pipes”**. The expression **“to pipe”** means to make the sound of the boatswain's call and to give the spoken order which may qualify it. Some pipes are orders in themselves and do not require any verbal addition.

## 2. THE HISTORY

The use of the Boatswains Call in English ships can be traced back with certainty to the days of the Crusades, AD 1248. In former days it was worn in English ships as an honoured badge of rank, probably because it had always been used of passing orders. As long ago as 1485 it was worn as the badge of the Lord High Admiral of England and was worn by his successor in office up to 1562.

Thereafter it was used throughout the English fleets for passing Orders, and since 1671 it has always been known as the Boatswains Call. Nowadays the **“Boatswain's Call and Chain”** is the badge of office of **“The Chief Boatswains Mate, Quartermaster and Boatswains Mates”**. In the Navy League Cadet Corps, the office holder would be the **“Quartermaster”**.

## 3. THE POSITION OF ATTENTION

When making a pipe, the piper will stand to attention, pipe at the ready in the right hand, the left hand at the side of the body. No salutes are ever given by the piper in a Piping Party.

## 4. TIMING

While it is important to maintain the correct timing of the pipe, particularly when piping as a team or as a piping party, it will be recognised that in some cases breathing control and lung capacity in the smaller cadets can not be maintained. It is important however, that the correct sequence and spacing between the notes of the pipe are accurate and the sound clear and distinctive.

## 5. BEFORE YOU START TO BLOW

Make sure the Boatswain's Call is held securely and the hole is left free. Bend your remaining three fingers over the top of the Call and practice bending them right down until they touch the base of your thumb and then straighten them again. Unless you have very long fingers, you will find you block the hole, bend your fingers over from the first joint and keep the joint next to the fingertips straight. If you do have long fingers, you may well be able to get a good note by curling them over the Call so that the middle finger rests on the buoy. It is important that the Call is held firmly between the thumb and the index finger. This position will ensure the note does not alter, whether the other fingers are closed down or free.

## 8. HOW TO MAKE THE VARIOUS NOTES ON THE CALL

Hold the mouthpiece just inside the lips; do not grip it with your teeth. Let your fingers come well away from the buoy and blow, not too hard, but with sufficient strength to produce a LOW clear note. To produce a HIGH note, bend the other three fingers down

## The Boatswain's Call

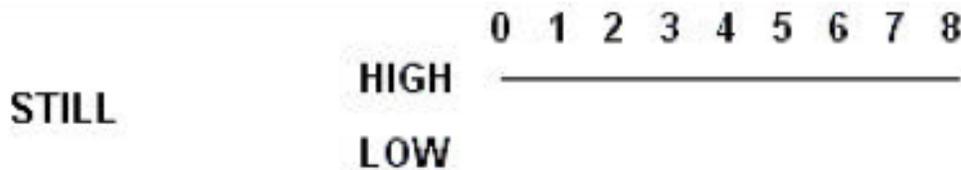
until they touch your thumb (make sure they are closed together), closing over the buoy and blow much harder. You should produce a much shriller note than when the fingers were raised. It is important to practice these two simple exercises before you go further.

Once you are able to produce these two notes, practice holding a LOW note and follow through to a High note in one breath, then from a High note to a LOW note in one breath. It may be necessary to concentrate on these exercises for two or three lessons. With practice, it will become easier.

**IMPORTANT NOTE:** Before you continue to learn the various pipes, it is important to master all these exercises. These are the basic sounds necessary to play a Boatswain's Call. Good posture, good breathing and a good sense of timing achieve good piping.

### 9. THE PIPES

#### a. The "Still"



Fingers closed over the hole, blow as hard as you can for eight seconds, the whole note must be on the same high note and stop blowing abruptly at the end of the eight seconds. The note must be the highest you can get, a high pitched piercing note.

**REASON FOR THE PIPE** - The "Still" is used to call all hands to attention as a mark of respect, to order silence, to give an instructor or an order. It is **ALWAYS** followed, after an interval, by the "Carry On".

#### NOTES:

Four occasions where the "Still" is or might be used:

- Can be used in the vicinity of work to avert an accident.
- At Colours and Evening Colours before the Ensign is hoisted and lowered.
- As a mark of respect on the arrival or departure of a visitor who it is wished to honour but is not entitled to be piped over the side.
- When it is necessary to give detailed Orders which requires absolute quiet.

#### b. The "Carry On"

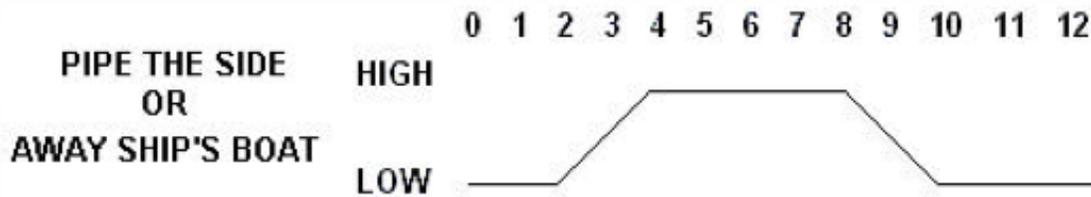


Blow the high note for one second then drop to the low note for one second and finish abruptly. Do not let it trail away.

**REASON FOR THE PIPE** The "Carry On" is used in conjunction with the still and may follow a verbal order.

## The Boatswain's Call

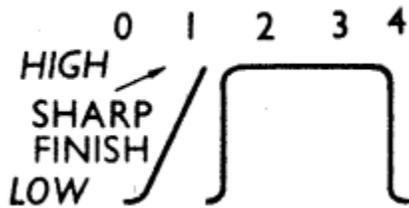
### c. "Piping the Side"



Start low and work up to the high note gradually, continue the high note for four seconds and gradually return to the low note.

**REASON FOR THE PIPE** – In years gone by, when gangways were much more cumbersome and “wooden” ships’ decks were high above the water-line, the only method of coming aboard when the ship was not alongside, was to climb ropes or a rope ladder. This was not considered suitable for Captains and Senior Officers, many of whom were portly and generally unfit. It was therefore necessary to hoist these personages in-board into a boat or a special chair. Orders were passed to the seamen manning the falls (ropes for lowering or hoisting the chair) by the “Boatswain” on his Call to hoist and lower. Nowadays, ships carry gangways which can easily rigged, so the need to hoist has ceased but the custom of piping still remains.

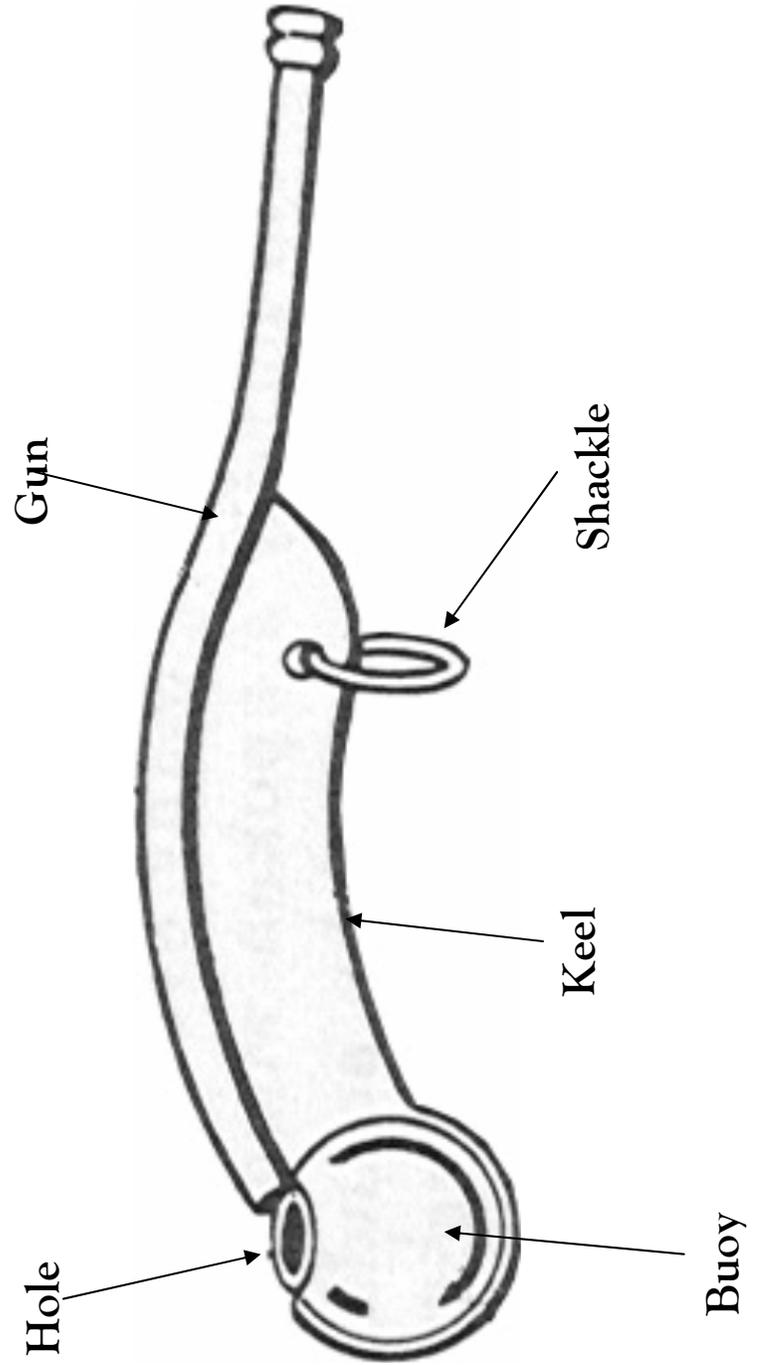
### d. "General Call"



Start LOW and work quickly up to the highest note, then break off abruptly, which will take a second, again start at the LOW note, work up quickly to the high note which should be continued for two seconds, then come down quickly to the low note and finish abruptly.

**REASON FOR THE PIPE** – This pipe will require a verbal order. This is known as “passing the pipe”, literally the word pipe refers to the spoken word. This pipe is NOT followed by the Carry On.

# Parts of the BOATSWAIN'S CALL



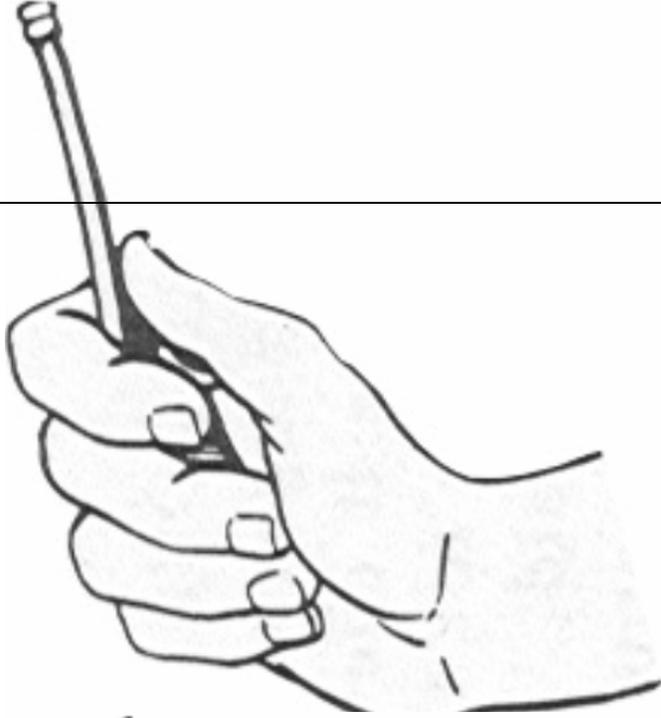
# PIPES USED WITH THE BOATSWAIN'S CALL

(Time in seconds)

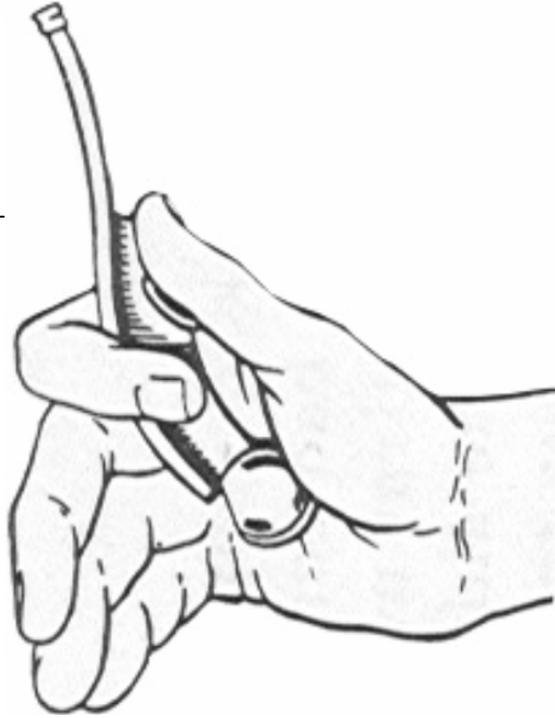
PIPE	Note	0	1	2	3	4	5	6	7	8	9	10	11	12	
Still	High	—————													
	Low														
Carry On	High														
	Low														
General Call	High														
	Low														
The Side	High														
	Low														

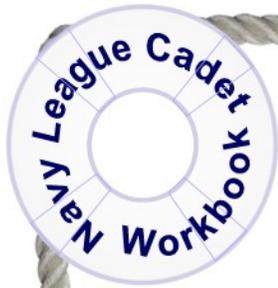
# TWO NOTES OF THE BOATSWAIN CALL

HIGH NOTE



LOW NOTE



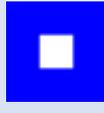
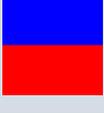
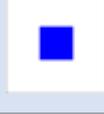
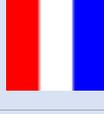
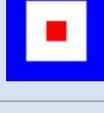
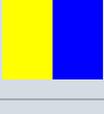


Draw a line to represent the sound that each pipe makes

(Time in seconds)

PIPE	Note	0	1	2	3	4	5	6	7	8	9	10	11	12
Still	High													
	Low													
Carry On	High													
	Low													
General Call	High													
	Low													
The Side	High													
	Low													

## International Code of Signals

	ALPHA Diver down; keep clear		NOVEMBER Negative
	BRAVO Dangerous cargo		OSCAR Man overboard
	CHARLIE Affirmative		PAPA Ready to sail
	DELTA Keep Clear; Manoeuvring with difficulty		QUEBEC Request free pratique
	ECHO Altering course to starboard		ROMEO
	FOXTROT Disabled; communicate with me		SIERRA My engines are going astern
	GOLF Require a pilot		TANGO Keep clear of me; I am engaged in pair trawling
	HOTEL Pilot on board		UNIFORM You are running into danger
	INDIA Altering course to port		VICTOR I require assistance
	JULIET On fire; keep clear		WHISKEY I require medical assistance
	KILO I wish to communicate with you		XRAY Stop your intention and watch for my signals
	LIMA Stop instantly		YANKEE I am dragging my anchor
	MIKE I am stopped		ZULU I require a tug

# **International Code of Signals**

---

## **HISTORY**

Before radio communications, nautical vessels had signal flags.

These flags are the base for the **International Code of Signal Flags**; the code combines both number pennants and letter flags to inform other ships in the vicinity of any pertinent situation on board.

The first code was drafted in **1855 by the British**, and contained 70,000 signals using 18 different flags (and to think someone on board would have it all memorized!). It was continuously revised until 1965, when an international committee hit upon the current form, using 26 letters and 10 numbers.

The letter flags indicate an urgent or common signal. For example, **'Juliet' means "I am on fire and have dangerous cargo; keep clear"**) but then can be combined for a variety of others signals.

Two-flag signals are used for distress or maneuvering. For example, **'Juliet Whiskey' means "I have sprung a leak"**.

The signal flags can be used in groups of up to 7 for many different meanings.

## Match the flag with its meaning



I require medical assistance



I require a tug



Man Overboard



Maneuvering



On Fire; Keep Clear



Diver Down

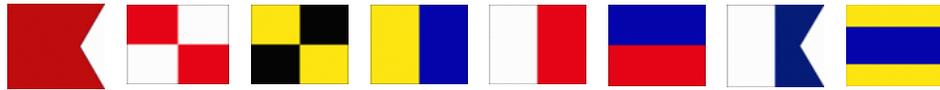


You are running into  
danger

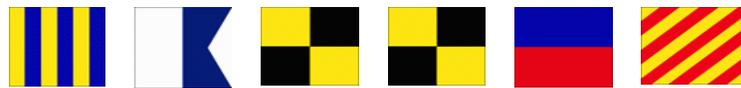


I require assistance

## Decode the following words




---




---




---




---

## LEADERSHIP STYLE SUMMARY

STYLE	Advantages	Disadvantages
Boss	<ul style="list-style-type: none"> <li>• More control over group</li> <li>• Easy to control a larger group</li> <li>• Saves time</li> <li>• Orders travel quickly</li> </ul>	<ul style="list-style-type: none"> <li>• No leadership development</li> <li>• No input from followers</li> <li>• Commanding rather than leading</li> <li>• No exchange of ideas</li> </ul>
Educator	<ul style="list-style-type: none"> <li>• Leader sets an example for group to follow</li> <li>• Leader guides and assists by answering questions</li> <li>• Follower skills are improved</li> </ul>	<ul style="list-style-type: none"> <li>• Requires more time</li> <li>• Only works with smaller groups</li> <li>• May involve plenty of new information for group to learn</li> </ul>
Persuader	<ul style="list-style-type: none"> <li>• Develop trust with followers</li> <li>• Easy to motivate</li> <li>• 2 way communication</li> </ul>	<ul style="list-style-type: none"> <li>• Requires much time</li> <li>• Risk being too “friendly”</li> <li>• Only works with smaller groups</li> </ul>



# 10 PRINCIPLES OF LEADERSHIP

1

Always set a good example

2

Know your cadets and look after their welfare

3

Develop the leadership potential of your cadets

4

Make sound and timely decisions

5

Train your cadets to work as a team

6

Explain your ideas and thoughts clearly

7

Keep cadets informed of all activities and any changes

8

Lend a hand

9

Know your strengths and weaknesses

10

Treat others as you would like to be treated

# LEADERSHIP CHARACTERISTICS

Determination

Sense of  
Responsibility

Honesty

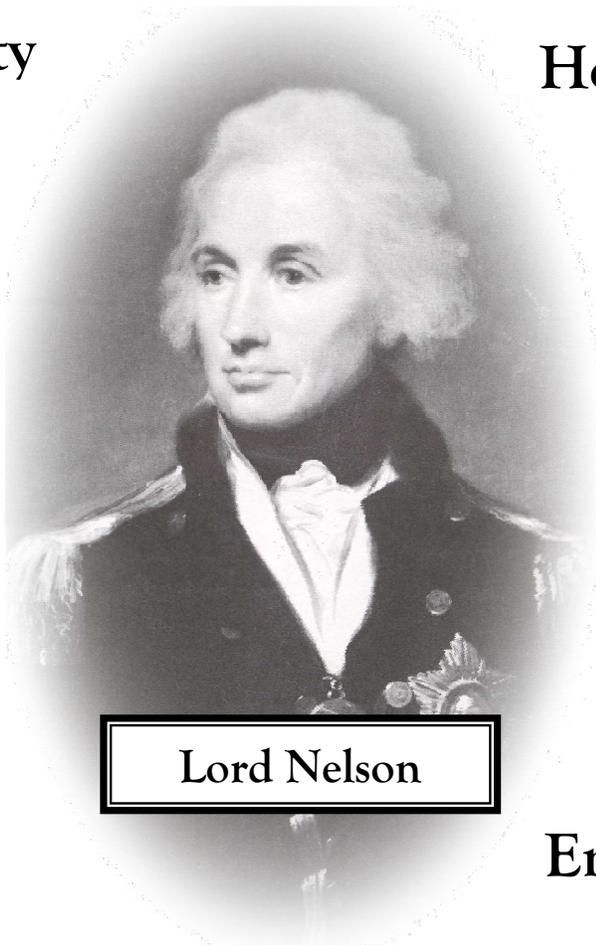
Confidence

Courage

Loyalty

Patience

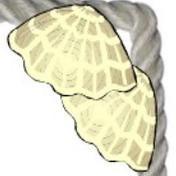
Decisiveness

A black and white portrait of Lord Nelson, a British naval officer, shown from the chest up. He is wearing a dark military uniform with a white cravat and a high collar. He has a serious expression and is looking slightly to the left. The portrait is set within an oval frame that has a soft, glowing effect.

Lord Nelson

Enthusiasm

Dependability



# Leadership Word Search

P S T R E N G T H S E E  
M R S S Y T L A Y O L R  
C O I R N R I A F S E A  
R V T N E O S D P T Z F  
E E Z I C D I F T Y P L  
X G D J V I R S X L T E  
A D D A N A P O I E H W  
M W C W U N T L W C E R  
P S S O B S M E E E E A  
L T R U S T R F Z S N D  
E Q Q F R V I E N A M N  
R O T A C U D E P S G P

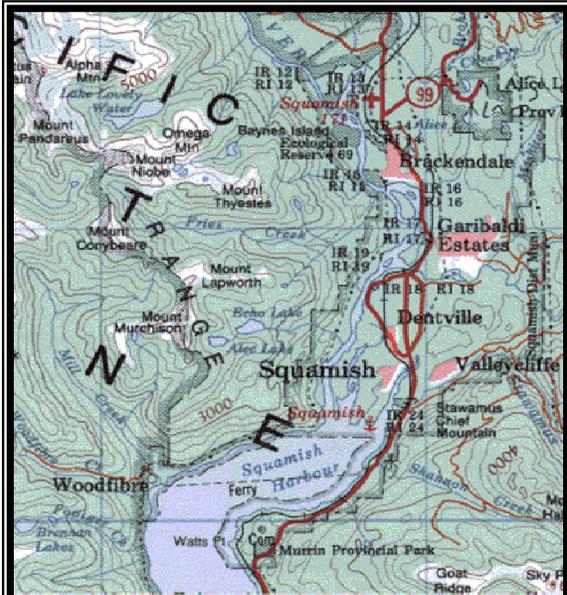
BOSS  
EXAMPLE  
MOTIVATE  
PRINCIPLES  
TRUST

DECISIONS  
FAIR  
ORDERS  
STRENGTHS  
WELFARE

EDUCATOR  
LOYALTY  
PERSUADER  
STYLE



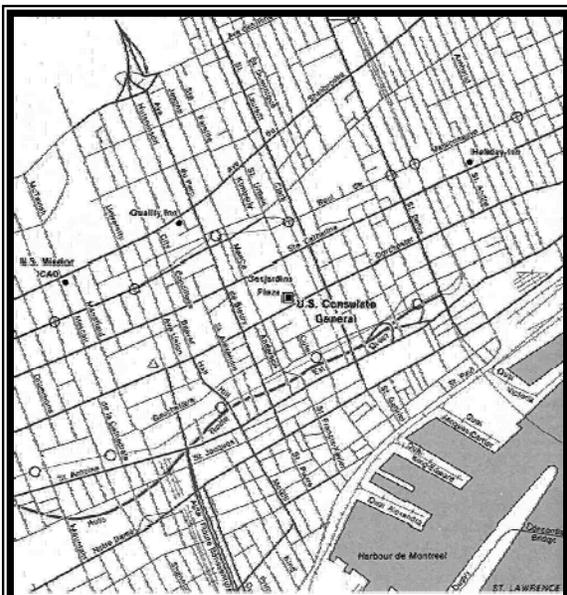
# TYPES OF MAPS



**The Topographical Map**



**The Road Map**

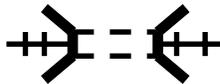
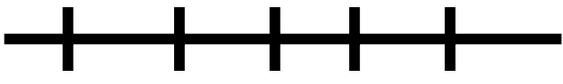
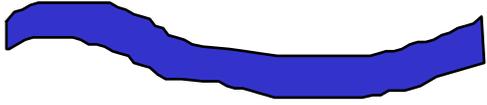
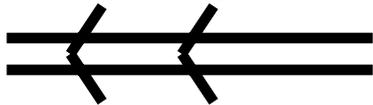


**The Street Map**



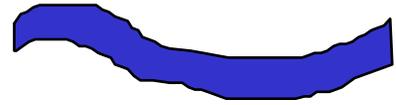
**The Air Photo Map**

# MAP SYMBOLS

	
Paved Road with 2 lanes (red line)	Road Tunnel
	
Paved Road - less than 2 lanes (red line)	Railway Tunnel
	
Road - Dirt Surface (black)	Single Track Railroad
	
Bridge	Large River (blue)
	
Small River or Stream (blue)	Small River or Stream (blue)
	
Concrete Bridge	House
	
	Church
	
	School
	
Telephone Lines	Dam
	
Electrical Power Lines	Spot Height
	
Reservoir	Contour Lines

# Match the map symbol with its picture

Electrical Power Lines



Telephone Lines



Contour Lines



School



Large River



Road Tunnel



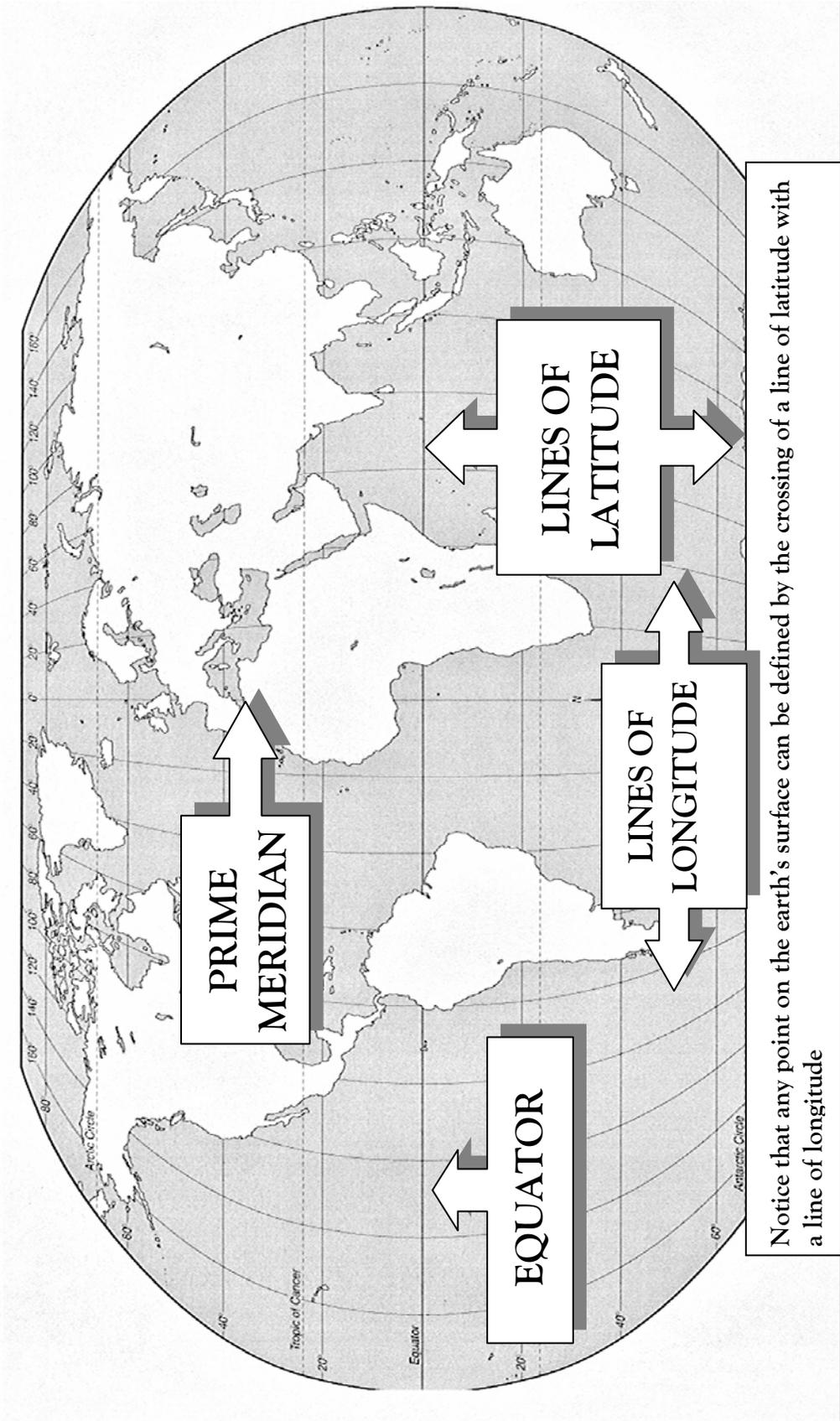
Bridge



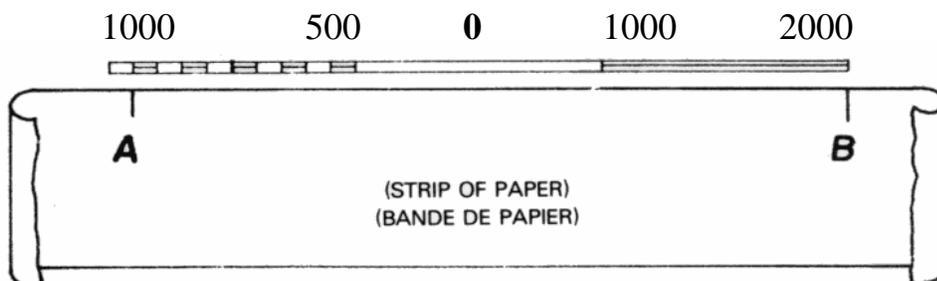
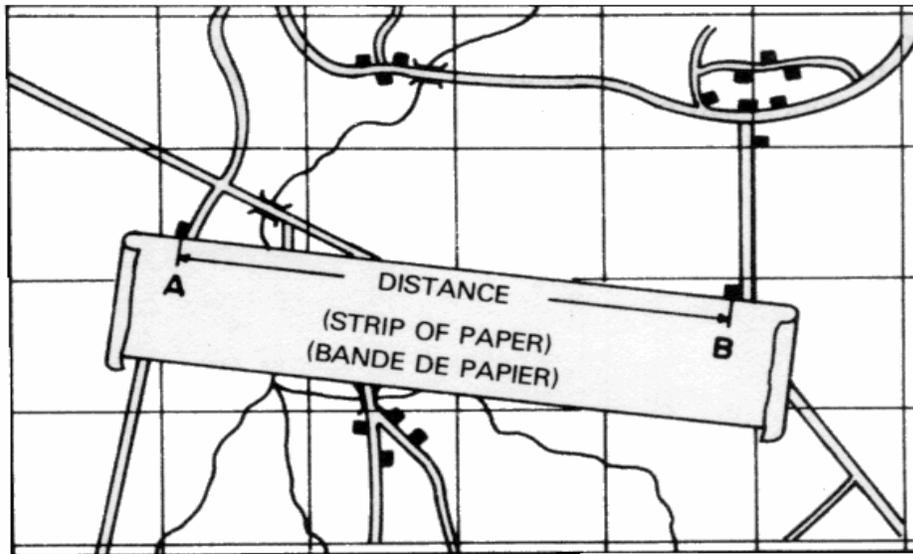
Single Track Railroad



# The Earth's Grid



# MEASURING DISTANCE POINT-TO-POINT





# ORIENTATION WORD SEARCH

E D A O R L I A R E E N  
X D U S R P E W B D Q U  
S K U I T G I C L U U R  
Y C V T D R O J Q T A L  
T E H I I N E Q U I T O  
R T R O T G R E U T O V  
X B U O O M N I T A R U  
U E U N E L A O A L J B  
L R G T N J P D L B T L  
S P A M H E D A O R M D  
J J V U X T L B C Z N W  
V W E K W Y I T Q N L I

AIR  
DAM  
LONGITUDE  
RIVER  
STREET

BRIDGE  
EQUATOR  
MAPS  
ROAD  
TUNNEL

CONTOUR  
LATITUDE  
RAILROAD  
SCHOOL

## AIR CADETS

**Royal Canadian Air Cadets** participate in a variety of fun and challenging activities. There is something for everyone – no matter what their personal interests may be. The outdoor enthusiast will appreciate learning survival skills for flight crew. The athlete will appreciate physical education and recreation, including a variety of sporting activities like biathlon and Olympic-style marksmanship. The artists will find their niche in the music program.

The curious will appreciate the hands-on activities such as building model aircraft. The scholarly will appreciate an introduction to the various tools and technologies linked to aviation. The dreamers will appreciate the evolution of technology and the advancements of the aerospace era, including the importance of Canadian participation.

Select top senior cadets may even earn the chance to represent Canada on the world stage by participating in an international exchange.

Most importantly, Air Cadets aids in developing knowledge of Canadian history and democracy. The cadet program focuses on social development, decision-making and leadership. As cadets acquire skills and knowledge, they pass it along to younger cadets.

Every cadet will have the chance to participate in flight activities, and some top senior cadets may even earn a scholarship to obtain their private pilot's licence. Whether earning a glider pilot licence or private pilot licence, these cadets wear their wings with a pride rarely found in today's youth.

### SUMMER TRAINING

1 <sup>st</sup> Year General and Basic	Intermediate / Instructor Courses	Advanced Training	Exchanges
<p><b>2 Weeks</b> <b>12-13 Year old</b></p> <ul style="list-style-type: none"> <li>➤ General Training</li> </ul> <p><b>3 Weeks</b> <b>13-14 Year old</b></p> <ul style="list-style-type: none"> <li>➤ Basic Aviation</li> <li>➤ Basic Aviation Technology and Aerospace</li> <li>➤ Basic Drill &amp; Ceremonial</li> <li>➤ Basic Survival</li> <li>➤ Basic Fitness &amp; Sports</li> <li>➤ Military Band / Basic Musician</li> <li>➤ Pipe Band / Basic Musician</li> </ul>	<p><b>6 Weeks</b> <b>15-16 Year old</b></p> <ul style="list-style-type: none"> <li>➤ Leadership &amp; Ceremonial Instructor</li> <li>➤ Fitness &amp; Sports Instructor</li> <li>➤ Air Rifle Marksmanship Instructor</li> <li>➤ Military Band / Intermediate Musician</li> <li>➤ Pipe Band / Intermediate Musician</li> </ul>	<p><b>16-17 Year old</b></p> <ul style="list-style-type: none"> <li>➤ Military Band /Advanced Musician Course</li> <li>➤ Pipe Band / Advanced Musician Course</li> <li>➤ Advanced Aviation</li> <li>➤ Survival Instructor</li> </ul>	<ul style="list-style-type: none"> <li>➤ Australia,</li> <li>➤ England,</li> <li>➤ Everest,</li> <li>➤ Germany,</li> <li>➤ Scotland,</li> <li>➤ The United States of America,</li> <li>➤ Wales;</li> </ul>

## ARMY CADETS

**The Royal Canadian Army Cadets** appeal to teenagers craving exciting outdoor activities where their personal limits as individuals and team-members will be tested. The hardcore outdoor-oriented will love the challenge!

Army cadets develop abilities in the use of map and compass, GPS technology, orienteering, first-aid, camping and survival skills, canoeing, abseiling, trekking, mountain biking, etc. As they get more experienced, some will be selected for parachuting, white-water rafting and glacier climbing. They will also learn to become outdoor leaders.

Army Cadets get involved in ceremonial military events and citizenship activities that allow them to connect to their Canadian heritage. They develop a great sense of pride and discipline through their involvement in a hierarchical system that allows them to hone their leadership skills as they grow older and they learn to care for younger cadets.

In addition to their specialty training, Army Cadets may become involved in other exciting activities like competitive Olympic-style marksmanship and biathlon, sports competitions, music training and competitions, cultural outings, volunteer community support, etc.

Canada represents the best playground for teenagers interested in the outdoors. We are the organization of choice for teens and adults interested in getting out of the classroom to explore the planet the way it should be.

### SUMMER TRAINING

1 <sup>st</sup> Year General and Basic	Intermediate / Instructor Courses	Advanced Training	Exchanges
<p><b>2 Weeks</b> <b>12-13 Year old</b></p> <ul style="list-style-type: none"> <li>➤ General Training</li> </ul> <p><b>3 Weeks</b> <b>13-14 Year old</b></p> <ul style="list-style-type: none"> <li>➤ Basic Expedition</li> <li>➤ Basic Marksman</li> <li>➤ Basic Drill &amp; Ceremonial</li> <li>➤ Basic Fitness &amp; Sports</li> <li>➤ Military Band / Basic Musician</li> <li>➤ Pipe Band / Basic Musician</li> </ul>	<p><b>6 Weeks</b> <b>14-16 Year old</b></p> <ul style="list-style-type: none"> <li>➤ Drill &amp; Ceremonial Instructor</li> <li>➤ Fitness &amp; Sports Instructor</li> <li>➤ Air Rifle</li> <li>➤ Marksmanship Instructor</li> <li>➤ Expedition Instructor</li> <li>➤ Fullbore Marksmanship Phase 1</li> <li>➤ Military Band / Intermediate Musician</li> <li>➤ Pipe Band / Intermediate Musician</li> </ul>	<p><b>15-17 Year old</b></p> <ul style="list-style-type: none"> <li>➤ Military Band /Advanced Musician Course</li> <li>➤ Pipe Band / Advanced Musician Course</li> <li>➤ Fullbore Marksmanship Phase II</li> <li>➤ Cadet Leadership and Challenge Course</li> <li>➤ Maple Leaf Exchange (England)</li> <li>➤ RCAC National Rifle Team</li> <li>➤ Basic Parachutist</li> <li>➤ Army Cadet Voyage in History Tour</li> </ul>	<ul style="list-style-type: none"> <li>➤ Australia,</li> <li>➤ England,</li> <li>➤ Everest,</li> <li>➤ Germany,</li> <li>➤ Scotland,</li> <li>➤ The United States of America,</li> <li>➤ Wales;</li> </ul>

# SEA CADET

**Royal Canadian Sea Cadets** learn about the naval and maritime environment by participating in a variety of activities on and off the water.

Sea Cadets specialize in sailing, seamanship, shipboard life, naval communications, power boat handling, boat repair, and marine engineering. Selected senior cadets have the opportunity to attend international exchanges, to sail aboard a Tall Ship or participate in ship deployments aboard Canadian Navy and Coast Guard ships. Additionally, Sea Cadets can compete for a chance to participate in annual sailing regattas!

Sea Cadets also participate in ceremonial events and citizenship activities that allow them to connect to their Canadian naval heritage.

The hands-on activities, exciting challenges and leadership opportunities for Sea Cadets are many. Canada's motto, A Mari usque ad Mare ("From Sea to Sea") can be applied to Sea Cadets. With Sea Cadet Corps found all across the country and given Canada's abundance of water and shoreline, the opportunities are many whether inland or on either coast. You are bound to observe a Sea Cadet making a splash somewhere, from sea to sea!

## SUMMER TRAINING

1 <sup>st</sup> Year General and Basic	Intermediate / Instructor Courses	Advanced Training	Exchanges
<p><b>2 Weeks</b> <b>12-13 Year old</b></p> <ul style="list-style-type: none"> <li>➤ General Training</li> </ul> <p><b>3 Weeks</b> <b>13-14 Year old</b></p> <ul style="list-style-type: none"> <li>➤ Basic Seamanship</li> <li>➤ Basic Marksman</li> <li>➤ Basic Drill &amp; Ceremonial</li> <li>➤ Basic Fitness &amp; Sports</li> <li>➤ Military Band / Basic Musician</li> <li>➤ Pipe Band / Basic Musician</li> </ul>	<p><b>6 Weeks</b> <b>15-16 Year old</b></p> <ul style="list-style-type: none"> <li>➤ Drill &amp; Ceremonial Instructor</li> <li>➤ Fitness &amp; Sports Instructor</li> <li>➤ Air Rifle</li> <li>➤ Marksmanship Instructor</li> <li>➤ Intermediate Sail</li> <li>➤ Boatswain's Mate</li> <li>➤ Military Band / Intermediate Musician</li> <li>➤ Pipe Band / Intermediate Musician</li> </ul>	<p><b>16-17 Year old</b></p> <ul style="list-style-type: none"> <li>➤ Military Band /Advanced Musician Course</li> <li>➤ Pipe Band / Advanced Musician Course</li> <li>➤ Advanced Sail</li> <li>➤ Sail Instructor</li> <li>➤ Cadet Leadership and Challenge Course</li> <li>➤ Maple Leaf Exchange (England)</li> </ul>	<ul style="list-style-type: none"> <li>➤ Australia,</li> <li>➤ England,</li> <li>➤ Everest,</li> <li>➤ Germany,</li> <li>➤ Scotland,</li> <li>➤ The United States of America,</li> <li>➤ Wales;</li> </ul>