

### Fitness and Sports Instructor Course (FSIC)

The aim of the training is to develop sports and fitness-related specialist skills and knowledge that will allow the cadet to promote physical fitness and perform the role of a specialist instructor and a team leader for fitness and sports activities conducted at the corps, during regionally directed activities, and/or as a staff cadet at a CTC.

**Duration:** 6 weeks

**Location:** Cold Lake CTC (Cold Lake, AB)

**Star Level:** Silver Star successfully completed by the end of the current training year.

### Air Rifle Marksmanship Instructor Course (ARMIC)

Based on the training resulting from this course, cadets will further develop air rifle marksmanship, summer biathlon, leadership, and instructional techniques knowledge and skills learned during the Corps Program.

**Duration:** 6 weeks

**Location:** Vernon CTC (Vernon, BC) and Whitehorse CTC (Whitehorse, YT)

**Star Level:** Silver Star successfully completed by the end of the current training year.

**Note:** Selection of cadets shall be based on interest in marksmanship/coaching and not on marksmanship results.

### Fullbore Marksmanship Phase 1 Course (FM Ph 1)

Based on the training resulting from this course, the cadet will develop specialist skills and knowledge that will allow them to compete as an individual in a fullbore marksmanship competition. This qualification is one phase in the preparation of cadets for competitive fullbore marksmanship at an international level.

**Duration:** 6 weeks

**Location:** Connaught CTC (Connaught, ON)

**Star Level:** Silver Star successfully completed by the end of the current training year.

**Note:** Selection of cadets shall be based on their marksmanship results.

### Military Band - Intermediate Musician Course (MB - IMC)

Based on the training resulting from this course, cadets will be able to further develop music, drill and ceremonial, and leadership knowledge and skills learned during the Corps Program and/or Regionally Directed Activities.

**Duration:** 6 weeks

**Location:** Vernon CTC (Vernon, BC)

**Star Level:** Silver Star successfully completed by the end of the current training year.

**Music Proficiency Level:** Preferably, have achieved the music proficiency level Basic.

### Pipe Band - Intermediate Musician Course (PB - IMC)

Based on the training resulting from this course, cadets will be able to further develop music, drill and ceremonial, and leadership knowledge and skills learned during the Corps Program and/or Regionally Directed Activities.

**Duration:** 6 weeks

**Location:** Rocky Mountain CTC (Ghost River, AB)

**Star Level:** Silver Star successfully completed by the end of the current training year.

**Music Proficiency Level:** Preferably, have achieved the music proficiency Level 2.

**Submitting an application for summer training does not mean that you will be selected. Only one third of all army cadets will be selected for summer training. Priority is given to cadets with excellent participation and attendance.**

**Courses listed are for all cadets in the Region. Your corps will not receive vacancies for all of the courses. Check with your corps staff to see which courses are available to you.**

Note: Training locations are determined by the annual billet allocation released by Natl CJCR Sp Gp and are subject to change.



# *What should I apply for this summer?*

## Your guide to 2018 Army Cadet Regional Summer Training Courses



## Green Star Option

### General Training - Army (GT-Army)

This course is intended to familiarize cadets with the Army Cadet Summer Training Program and to motivate them toward pursuing further Army Cadet Training. It gives the cadet a little taste of the cadet training centre (CTC) life, expedition, marksmanship, sports and fitness, ceremonial drill, leadership, music, CAF familiarization and adventure training.

**Duration:** 2 weeks

**Location:** Vernon CTC (Vernon, BC) and Whitehorse CTC (Whitehorse, YT)

**Star Level:** Green Star successfully completed by the end of the current training year.

## Minimum Red Star Options

### Basic Drill and Ceremonial Course (BDCC)

The aim of this training is to prepare cadets to perform the role of a peer leader while building upon the leadership and drill and ceremonial knowledge and skills learned through the Corps Program.

**Duration:** 3 weeks

**Location:** Whitehorse CTC (Whitehorse, YT)

**Star Level:** Red Star successfully completed by the end of the current training year.

### Basic Fitness and Sports Course (BFSC)

The aim of this training is to prepare cadets to perform the duties of a Basic Fitness and Sports Assistant while continuing to develop personal fitness and healthy living skills.

**Duration:** 3 weeks

**Location:** Cold Lake CTC (Cold Lake, AB)

**Star Level:** Red Star successfully completed by the end of the current training year.

### Basic Expedition Course (BEC)

The aim of this training is to develop a specialist with the skills and subject matter knowledge required to be a participant during a five-day expedition. The cadets will travel by canoe on flat water, travel by mountain bike on novice trails, navigate using a trail maps during a hike, work as a team, and further develop the skills learned in the Corps Program.

**Duration:** 3 weeks

**Location:** Vernon CTC (Vernon, BC) and Whitehorse CTC (Whitehorse, YT)

**Star Level:** Red Star successfully completed by the end of the current training year.

### Basic Marksman Course (BMC)

The aim of this training is to develop a specialist with the skills and subject matter knowledge required to be a participant during local air rifle marksmanship competitions.

**Duration:** 3 weeks

**Location:** Vernon CTC (Vernon, BC) and Whitehorse CTC (Whitehorse, YT)

**Star Level:** Red Star successfully completed by the end of the current training year.

### Military Band - Basic Musician Course (MB - BMC)

The aim of this training is to develop music proficiency of cadets and prepare them to support their corps military band.

**Duration:** 3 weeks

**Location:** Vernon CTC (Vernon, BC)

**Star Level:** Red Star successfully completed by the end of the current training year.

### Pipe Band - Basic Musician Course (PB - BMC)

The aim of this training is to develop music proficiency of cadets and prepare them to support their corps pipe band.

**Duration:** 3 weeks

**Location:** Rocky Mountain CTC (Ghost River, AB)

**Star Level:** Silver Star successfully completed by the end of the current training year.

## Minimum Silver Star Options

### Drill and Ceremonial Instructor Course (DCIC)

Based on the training resulting from this course, the cadet will further develop drill and ceremonial related specialist skills and knowledge that will allow them to perform the duties of a specialist instructor and team leader for ceremonial activities, and further develop skill learned in the Corps Program.

**Duration:** 6 weeks

**Location:** Vernon CTC (Vernon, BC)

**Star Level:** Silver Star successfully completed by the end of the current training year.

### Expedition Instructor (EI)

Based on the training resulting from this course, the cadet will further develop expedition related specialist skills and knowledge that will allow them to perform the duties of a specialist instructor and team leader during expedition training, act as a participant in a long-duration expedition (18 days), travel by a variety of means (canoe, mountain bike, and hiking), perform field maintenance on expedition equipment (mountain bikes, stoves, tents, packs, water filters, etc.), navigate using a route card, and further develop skills learned in the Corps Program.

**Duration:** 6 weeks

**Location:** Vernon CTC (Vernon, BC) and Whitehorse CTC (Whitehorse, YT)

**Star Level:** Silver Star successfully completed by the end of the current training year.

**Cadet Fitness Assessment Incentive Level (CFAIP):** Applicants are to successfully obtain CFAIP Bronze Level for their age-group by the application deadline. More information on the CFAIP can be found in CATO 14-18.

