



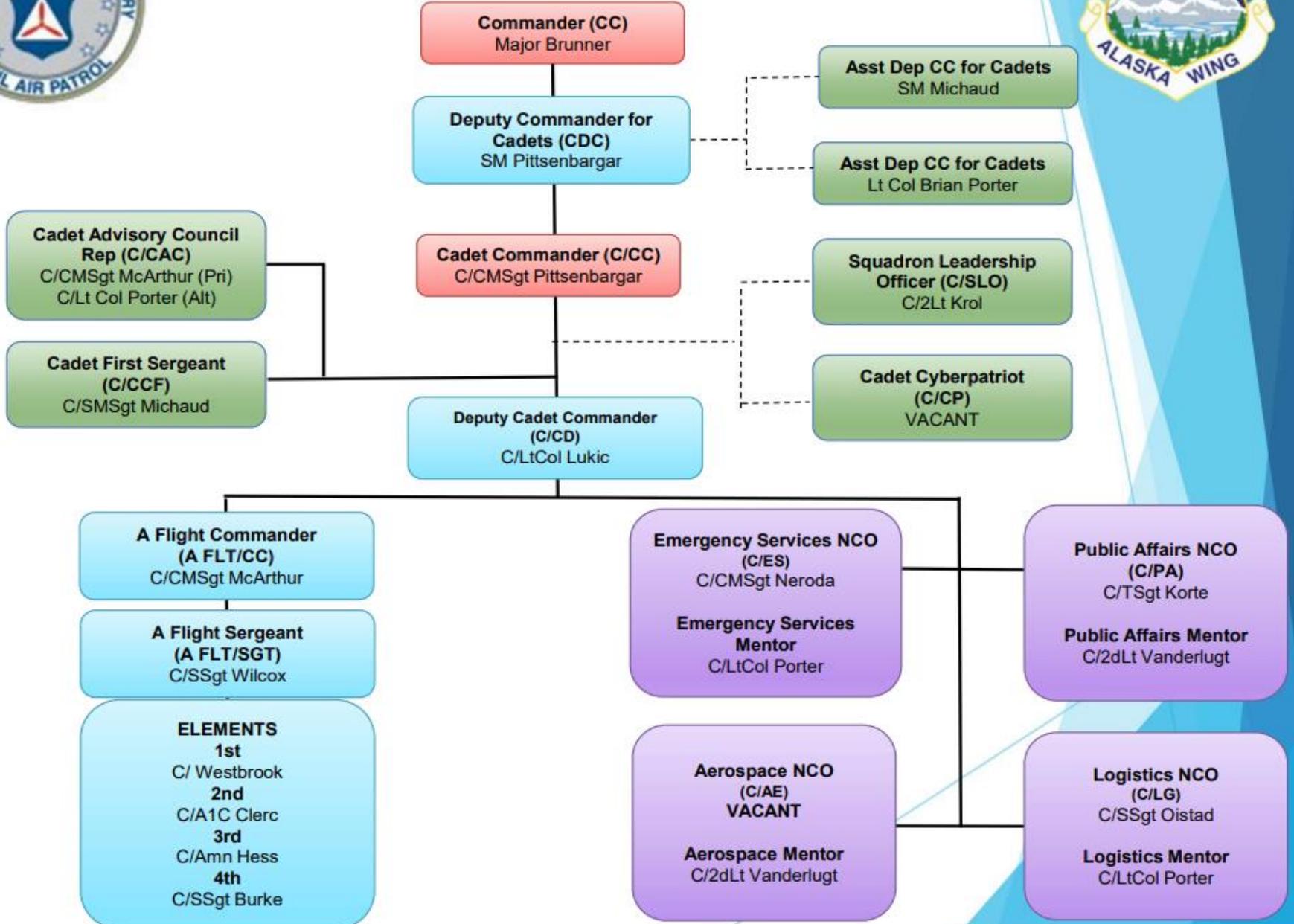
Introduction to Polaris Composite Squadron & the Civil Air Patrol Cadet Program for Parents





2023-24 Polaris Corps of Cadets

cao 1 SEP 23



Civil Air Patrol



- Founded 1 Dec 1941, CAP joined the newly created Air Force, as its civilian Auxiliary.
 - Continued performing SAR, disaster relief, and training cadets
 - Following the attacks on 9/11, CAP aircraft were some of the first and only aircraft in the air, performing aerial damage assessments and other support to civil authorities
 - After 2018 Anchorage Earthquake, AKWG had the first observers in the air to perform damage assessment and Ground Teams locating distress beacons



CAP's Core Missions

- The Cadet Program is one of three missions of CAP.



- Cadets participate in all three missions.

The Cadet Program



- CAP's Cadet Program is organized around five program elements:



Aerospace



Leadership



Fitness



Character



Activities

- As cadets participate in these elements, they advance through a series of achievements, earning honors and increased responsibilities along the way

Cadet Program Activities



- **Weekly Squadron Meetings**

- Held Tuesday nights, from 6:30pm – 8:30pm.
- Cadets are expected to attend each meeting, and attendance is a significant factor when considering a cadet for promotions, positions of responsibility, awards, scholarships, etc.
- Authorized absences include school, family, faith, and work commitments. Other reasons will be considered on a case-by-case basis, with advanced notification
- If your son or daughter is unable to attend a weekly meeting, they are expected to inform their cadet supervisor prior to the meeting

- **Weekend Activities**

- There are many weekend activities available to cadets at the local, state and regional levels, from search and rescue bivouacs to orientation flights.
- At least one weekend activity per month.
- Weekend activities vary in length from a few hours to two full days

Cadet Advancement



- Cadets can advance one achievement every 60 days, or more rapidly if they have JROTC experience.
- Cadets should promote at a minimum of twice a year (though we encourage more rapid progression).
- An individual cadet's advancement is a personal responsibility, but Cadet Programs Officers and senior cadets actively mentor and assist cadets in their progression.
- Part of how we measure a cadet leader's success is how well his/her cadets are progressing, both in the cadet program and in skills and qualifications

Cadet Advancement



Phase I: The Learning Phase



Cadet Airman
The Curry Achievement



Cadet Airman First Class



Cadet Senior Airman

Phase II: The Leadership Phase



Cadet Staff Sergeant
The Wright Brothers Award



Cadet Technical Sergeant



Cadet Master Sergeant



Cadet Senior
Master Sergeant



Cadet Chief
Master Sergeant

Phase III: The Command Phase



Cadet 2d Lieutenant
The Billy Mitchell Award



Cadet 1st Lieutenant



Cadet Captain
The Amelia Earhart Award

Phase IV: The Executive Phase



Cadet Major



Cadet Lieutenant Colonel
The Ira C. Eaker Award



Cadet Colonel
The Carl A. Spaatz Award

Cadet Advancement



- Promotion Requirements
 - For the first achievement, cadets have to complete the following requirements:
 - Participate actively
 - Pass an online open-book leadership exam
 - Pass a drill and ceremonies test
 - Pass the Cadet Physical Fitness Test (CPFT)
 - Attend the Cadet Wingman Course (a discussion on CAP's core values, safety and risk management, cadet protection, and looking out for oneself and fellow cadets, led by a Cadet Programs Officer)
 - Appear before a board of senior cadets wearing the uniform properly and able to recite from memory the Cadet Oath

Cadet Advancement (Cont)



- Promotion Requirements
 - After their first promotion, cadets must complete the following requirements to promote up through cadet chief master sergeant):
 - Participate actively
 - Pass online open-book exams in leadership, and aerospace
 - Pass a drill and ceremonies test
 - Pass the Cadet Physical Fitness Test (CPFT)
 - Attend a Character Development (CD) forum, which is a discussion, led by the Commander, Chaplain, or a CD instructor, on making sound, ethical choices as a leader and person of character, using character studies or challenging historical or hypothetical situations
 - 60 days since last promotion



CIVIL AIR PATROL

CADET SUPER CHART

CAP Visual Aid 60-100

September 2021

Available in 27 x 42 poster size versions, and for self-printing on letter-size sheets. See a web-based version of this chart at Go.CIAA/capvisualaid60100

NEW in 2021

- Cadet Welcome Course added to Act 1
- Cadet Interactive is now available for leadership Act 1, 10 and aerospace Act 2-8
- Aerospace added to Act 8, making options for Aerospace Director Cyber module
- Achievement 5 now earned
- Cadet Aerospace exam deleted
- AJP details on all requirements shown here, see CAPR 60-1 on 5.

PHASE I				PHASE II				PHASE III				PHASE IV				GENERAL CARE SPAATZ AWARD				
ACHIEVEMENT 1	ACHIEVEMENT 2	ACHIEVEMENT 3	WRIGHT BROS. AWARD	ACHIEVEMENT 4	ACHIEVEMENT 5	ACHIEVEMENT 6	ACHIEVEMENT 7	ACHIEVEMENT 8	BILLY MITCHELL AWARD	ACHIEVEMENT 9	ACHIEVEMENT 10	ACHIEVEMENT 11	AMELIA EARHART AWARD	ACHIEVEMENT 12	ACHIEVEMENT 13	ACHIEVEMENT 14	ACHIEVEMENT 15	ACHIEVEMENT 16	IRA EAKER AWARD	GENERAL CARE SPAATZ AWARD
MAJOR GENERAL JOHN F. CURRY Commanding General of the Civil Air Patrol and a flying ace from World War I.	GENERAL AIR FORCE HAP ARNOLD Commanding General of the Civil Air Patrol during World War II.	COLONEL MARY FEIN First woman to achieve breveted, commissioned, and awarded 2nd rank in flight.	DEVILBEISS & WILBUR WRIGHT First man to achieve breveted, commissioned, and awarded 2nd rank in flight.	CAPTAIN EDDIE BICKENSACKER Aerospace, "Air of Gold" during World War I. The first CAP cadet to wear the "Wings" badge.	GENERAL JIMMY DOOLITTLE Pioneer in experimental engineering and leader of the World War II raid on Tokyo.	DR ROBERT H. GODDARD The "father of Rocketry" and developer of the first liquid-fueled rocket.	MEL ARMSTRONG First man to set fuel on the plane, World War I. He was the first to fly solo.	BRIGADIER GENERAL BILLY MITCHELL Pioneer of naval aviation and the first to fly solo.	WET 17 WELLA BROWN "Wings of Faith" and CAP member, the first woman to fly solo.	AMELIA EARHART Pioneer of solo flight and the first woman to fly solo.	GEORGE BOYD Pioneer of solo flight and the first woman to fly solo.	DR. SALLY RIDE Pioneer of solo flight and the first woman to fly solo.	GENERAL IRA C. EAKER Pioneer of solo flight and the first woman to fly solo.	GENERAL CARL A. SPAATZ Pioneer of solo flight and the first woman to fly solo.						

GRADE, INSIGNIA, & AWARDS																				
CADET AIRMAN BASIC	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 LEUTENANT	CADET FIRST LEUTENANT	CADET FIRST LEUTENANT	CADET CAPTAIN	CADET CAPTAIN	CADET CAPTAIN	CADET MAJOR	CADET MAJOR	CADET MAJOR	CADET LEUTENANT COLONEL	CADET COLONEL

LEADERSHIP ONLINE TEST

PROMOTION ELIGIBILITY REQUIREMENTS

LEADERSHIP	AEROSPACE	FITNESS	CHARACTER	SPECIAC
Learn to Lead ch. 1 Cadet Insignia or Open-Book Test DRI & Ceremonies Performance Test	No Requirement	Approved CPT as a baseline	Cadet Welcome Course	Cadet Welcome Course
Learn to Lead ch. 2 Cadet Insignia or Open-Book Test DRI & Ceremonies Performance Test	Aerospace Dimensions Any Module Cadet Insignia or Written Test	Participate in 1 Activity & Have Attained #12 in Previous 360 days	Participate in 1 Activity	Participate in 1 Activity
Learn to Lead ch. 3 Cadet Insignia or Open-Book Test DRI & Ceremonies Performance Test	Aerospace Dimensions Any Module Cadet Insignia or Written Test	Participate in 1 Activity & Have Attained #12 in Previous 360 days	Participate in 1 Activity	Participate in 1 Activity
Learn to Lead ch. 4 Comprehensive Closed-Book Exam DRI & Ceremonies Performance Test	Aerospace Dimensions Any Module Cadet Insignia or Written Test	Participate in 1 Activity & Have Attained #12 in Previous 360 days	Participate in 1 Activity	Participate in 1 Activity
Learn to Lead ch. 5 Comprehensive Closed-Book Exam DRI & Ceremonies Performance Test	Aerospace Dimensions Any Module Cadet Insignia or Written Test	Participate in 1 Activity & Have Attained #12 in Previous 360 days	Participate in 1 Activity	Participate in 1 Activity
Learn to Lead ch. 6 Comprehensive Closed-Book Exam DRI & Ceremonies Performance Test	Aerospace Dimensions Any Module Cadet Insignia or Written Test	Participate in 1 Activity & Have Attained #12 in Previous 360 days	Participate in 1 Activity	Participate in 1 Activity
Learn to Lead ch. 7 Comprehensive Closed-Book Exam DRI & Ceremonies Performance Test	Aerospace Dimensions Any Module Cadet Insignia or Written Test	Participate in 1 Activity & Have Attained #12 in Previous 360 days	Participate in 1 Activity	Participate in 1 Activity
Learn to Lead ch. 8 Comprehensive Closed-Book Exam DRI & Ceremonies Performance Test	Aerospace Dimensions Any Module Cadet Insignia or Written Test	Participate in 1 Activity & Have Attained #12 in Previous 360 days	Participate in 1 Activity	Participate in 1 Activity
Learn to Lead ch. 9 Comprehensive Closed-Book Exam DRI & Ceremonies Performance Test	Aerospace Dimensions Any Module Cadet Insignia or Written Test	Participate in 1 Activity & Have Attained #12 in Previous 360 days	Participate in 1 Activity	Participate in 1 Activity
Learn to Lead ch. 10 Comprehensive Closed-Book Exam DRI & Ceremonies Performance Test	Aerospace Dimensions Any Module Cadet Insignia or Written Test	Participate in 1 Activity & Have Attained #12 in Previous 360 days	Participate in 1 Activity	Participate in 1 Activity
Learn to Lead ch. 11 Comprehensive Closed-Book Exam DRI & Ceremonies Performance Test	Aerospace Dimensions Any Module Cadet Insignia or Written Test	Participate in 1 Activity & Have Attained #12 in Previous 360 days	Participate in 1 Activity	Participate in 1 Activity
Learn to Lead ch. 12 Comprehensive Closed-Book Exam DRI & Ceremonies Performance Test	Aerospace Dimensions Any Module Cadet Insignia or Written Test	Participate in 1 Activity & Have Attained #12 in Previous 360 days	Participate in 1 Activity	Participate in 1 Activity
Learn to Lead ch. 13 Comprehensive Closed-Book Exam DRI & Ceremonies Performance Test	Aerospace Dimensions Any Module Cadet Insignia or Written Test	Participate in 1 Activity & Have Attained #12 in Previous 360 days	Participate in 1 Activity	Participate in 1 Activity
Learn to Lead ch. 14 Open-Book Test	Aerospace Dimensions Any Module Cadet Insignia or Written Test	Participate in 1 Activity & Have Attained #12 in Previous 360 days	Participate in 1 Activity	Participate in 1 Activity
Learn to Lead ch. 15 Open-Book Test	Aerospace Dimensions Any Module Cadet Insignia or Written Test	Participate in 1 Activity & Have Attained #12 in Previous 360 days	Participate in 1 Activity	Participate in 1 Activity
Learn to Lead ch. 16 Open-Book Test	Aerospace Dimensions Any Module Cadet Insignia or Written Test	Participate in 1 Activity & Have Attained #12 in Previous 360 days	Participate in 1 Activity	Participate in 1 Activity
Learn to Lead ch. 17 Open-Book Test	Aerospace Dimensions Any Module Cadet Insignia or Written Test	Participate in 1 Activity & Have Attained #12 in Previous 360 days	Participate in 1 Activity	Participate in 1 Activity
Learn to Lead ch. 18 Open-Book Test	Aerospace Dimensions Any Module Cadet Insignia or Written Test	Participate in 1 Activity & Have Attained #12 in Previous 360 days	Participate in 1 Activity	Participate in 1 Activity

PRESIDENTIAL YOUTH FITNESS PROGRAM — HEALTHY FITNESS ZONE (HFZ) STANDARDS																																				
Fitness training and acclimation period. No CPT performance standards.																																				
RUN ETHERS					TARGE RUN					CURL-UPS					PUSH-UPS					SIT & REACH (Long Inched)					WATS CANDIDATE FITNESS ASSESSMENT											
AGE	10	11	12	13	14	15	16	17	18+	10	11	12	13	14	15	16	17	18+	10	11	12	13	14	15	16	17	18+	10	11	12	13	14	15	16	17	18+
MALE	17	20	23	29	34	42	47	50	54	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10
FEMALE	17	20	23	25	27	30	32	35	38	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10

LEADERSHIP EXPECTATIONS		Squadrons provide a feedback meeting using the CAPF 60-90 series forms at least once per Phase	
ATTITUDE	Displays a positive attitude, optimistic, enthusiastic, team-oriented	Maintains a positive attitude and encourages good attitudes in others, does not boast or act in authority	Exhibits own performance before initiative to develop new skills, self-motivated and able to motivate others
CORE VALUES	Aware of the Core Values, honored, wears uniform properly, practices customs and courtesies	Displays a commitment to the Core Values, promotes team spirit, professionalism, and good partnership as a team leader	Fair, just, and consistent in dealing with subordinates, exercises good judgment in knowing which matters should be referred up the chain
COMMUNICATION SKILLS	Listens actively, attentive, asks good questions	Proficient in informal public speaking (e.g., in giving directions to and training junior leaders)	Clear on assignment, takes project from beginning to end, develops appropriate goals, plans, standards, and follows through in execution, promotes wide sense of ownership in all assignments
SENSE OF RESPONSIBILITY	Follows directions, dependable, arrives ready to learn and serve, effective in managing own time	Exercises standards, trustworthiness 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	Actively monitors WCO, resolves conflicts fairly, confides constructively, directs respectfully when disagreeing with superior
INTERPERSONAL SKILLS		Guides and coaches junior cadets, recognizes when junior cadets need help, leads by example, is not a "boss"	Thinks in advance and plans ahead to meet the unit's short-term needs, imaginative and not tied to old ways
CRITICAL THINKING			Delegates routine tasks effectively and works through NCOs, bases people informed, makes expectations clear, supervises work of other leaders
DELEGATION SKILLS			Delegates routine tasks effectively and works through NCOs, bases people informed, makes expectations clear, supervises work of other leaders



MINIMUM TIME IN GRADE excluding accelerated promotions for JROTC cadets															
2 weeks (30 days)	1 month	2 months	3 months	4 months	5 months	6 months	7 months	8 months	9 months	10 months	11 months	12 months	13 months	14 months	15 months
Example: Dec 17	Jan 22	Mar 22	May 22	Jul 22	Sep 22	Nov 22	Jan 23	Mar 23	May 23	Jul 23	Sep 23	Nov 23	Jan 24	Mar 24	May 24
18 months to Wright Bros.															
24 months to Earhart															
36 months to Eaker															
36 months to Spaatz															

Cadet Advancement



- Cadet Physical Fitness Test (CPFT)
 - Currently consists of four events:
 - Push Ups
 - Curl Ups
 - Sit and Reach
 - 1 Mile Run
 - Cadets must pass the mile run and two of the three other events in their age and phase in order to promote to each achievement (a pass is good for 180 Days)
 - Minimum passing scores increase with each additional year in age, and with milestone achievements
 - Polaris conducts the CPFT once a month

Cadet Advancement

- Cadets Physical Fitness Test (CPFT)

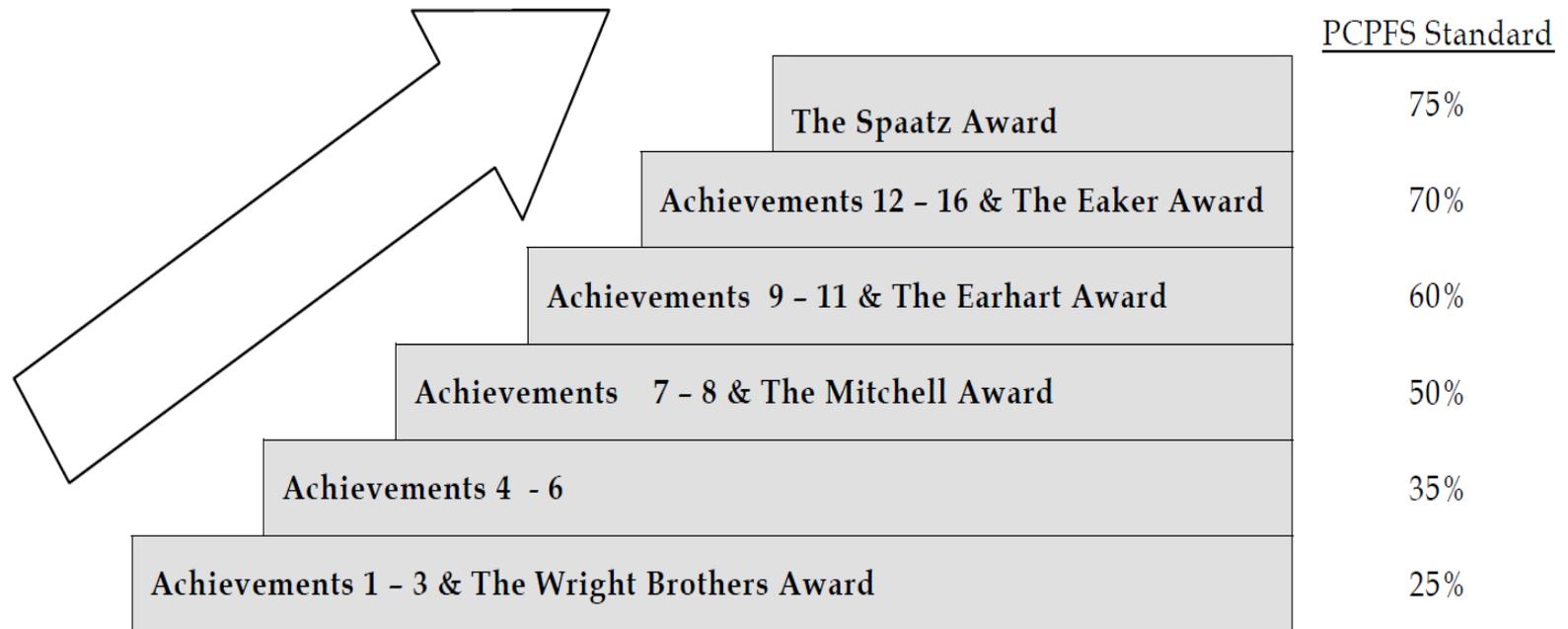


Figure 5-1.
CPFT Standards



CIVIL AIR PATROL CADET SUPER CHART

CAP Visual Aid 60-100

September 2021

Available in 21 x 29 poster size versions, and for self-printing on letter-size sheets. See a web-based version of this chart at CapCadetSuperChart.com/Posters

NEW in 2021

- Cadet Welcome Course added to Act 1
- Cadet Interactive is now available for leadership Act 1, 10 and aerospace Act 2-8
- Aerospace added to Act 5, making options for Aerospace Dimension Cyber module
- Achievement 5 now earned
- Leadership Aerospace exam deleted
- For full details on all requirements please refer here: see CAPR 60-1, ch. 5.

PHASE I				PHASE II				PHASE III				PHASE IV				GENERAL CARE						
ACHIEVEMENT 1	ACHIEVEMENT 2	ACHIEVEMENT 3	WRIGHT BROS. AWARD	ACHIEVEMENT 4	ACHIEVEMENT 5	ACHIEVEMENT 6	ACHIEVEMENT 7	ACHIEVEMENT 8	BILLY MITCHELL AWARD	ACHIEVEMENT 9	ACHIEVEMENT 10	ACHIEVEMENT 11	AMELIA EARHART AWARD	ACHIEVEMENT 12	ACHIEVEMENT 13	ACHIEVEMENT 14	ACHIEVEMENT 15	ACHIEVEMENT 16	JRA EAKER AWARD	GENERAL CARE SPAATZ AWARD		
MAJOR GENERAL JOHN F. CURRY Commanding General of the Civil Air Patrol and a flying cadet from the Civil Air Patrol's first class.	GENERAL AIR FORCE HAP ARNOLD Commanding General of the Civil Air Patrol during World War II.	COLONEL MARY FEIN First woman to achieve breveted rank in the Civil Air Patrol.	DEVILLE & WILBUR WRIGHT First men to achieve powered, controlled, sustained, heavier-than-air flight.	CAPTAIN EDDIE RICKENBACKER America's "Ace of Aces" during World War I. The highest CAP cadet in World War I.	GENERAL JIMMY DOOLITTLE Pioneer in experimental engineering and leader of the World War II raid on Tokyo.	DR. ROBERT H. GODDARD The "Father of Rocket Propulsion" and developer of the first liquid-fueled rocket.	MEL ARMSTRONG First man to land on the Moon, Apollo 11.	BRIGADIER GENERAL BILLY MITCHELL Pioneer of naval aviation and leader of the first US Navy flight school.	BILLY MITCHELL Pioneer of naval aviation and leader of the first US Navy flight school.	SGT 1ST CLASS WELLA BROWN "Mother of Flight" and CAP's first female cadet. She flew solo and became the first CAP member to fly solo.	AMELIA EARHART Pioneer of solo flight and the first woman to fly solo across the Atlantic Ocean.	AMELIA EARHART Pioneer of solo flight and the first woman to fly solo across the Atlantic Ocean.	AMELIA EARHART Pioneer of solo flight and the first woman to fly solo across the Atlantic Ocean.	COLONEL GEORGE BOYD Pioneer of solo flight and the first woman to fly solo across the Atlantic Ocean.	COL. SALLY RIDE Pioneer of solo flight and the first woman to fly solo across the Atlantic Ocean.	COL. SALLY RIDE Pioneer of solo flight and the first woman to fly solo across the Atlantic Ocean.	COL. SALLY RIDE Pioneer of solo flight and the first woman to fly solo across the Atlantic Ocean.	COL. SALLY RIDE Pioneer of solo flight and the first woman to fly solo across the Atlantic Ocean.	COL. SALLY RIDE Pioneer of solo flight and the first woman to fly solo across the Atlantic Ocean.	COL. SALLY RIDE Pioneer of solo flight and the first woman to fly solo across the Atlantic Ocean.	JRA EAKER First Chief of Staff of the United States Air Force and first Chief of Staff of the United States Air Force.	GENERAL CARL A. SPAATZ First Chief of Staff of the United States Air Force and first Chief of Staff of the United States Air Force.

GRADE, INSIGNIA, & AWARDS																				
CADET AIRMAN BASIC	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 LEUTENANT	CADET FIRST LEUTENANT	CADET FIRST LEUTENANT	CADET CAPTAIN	CADET CAPTAIN	CADET CAPTAIN	CADET MAJOR	CADET MAJOR	CADET MAJOR	CADET LEUTENANT COLONEL	CADET COLONEL

PROMOTION ELIGIBILITY REQUIREMENTS																					
LEADERSHIP	Learn to Lead ch. 1 Cadet Interactive or Open-Book Test DfB & Ceremonies Performance Test	Learn to Lead ch. 2 Cadet Interactive or Open-Book Test DfB & Ceremonies Performance Test	Learn to Lead ch. 3 Cadet Interactive or Open-Book Test DfB & Ceremonies Performance Test	Learn to Lead ch. 4 Comprehensive Closed-Book Exam DfB & Ceremonies Performance Test	Learn to Lead ch. 5 Cadet Interactive or Open-Book Test DfB & Ceremonies Performance Test	Learn to Lead ch. 6 Cadet Interactive or Open-Book Test DfB & Ceremonies Performance Test	Learn to Lead ch. 7 Cadet Interactive or Open-Book Test DfB & Ceremonies Performance Test	Learn to Lead ch. 8 Cadet Interactive or Open-Book Test DfB & Ceremonies Performance Test	Learn to Lead ch. 9 Comprehensive Closed-Book Exam DfB & Ceremonies Performance Test	Learn to Lead ch. 10 Cadet Interactive or Open-Book Test DfB & Ceremonies Performance Test	Learn to Lead ch. 11 Cadet Interactive or Open-Book Test DfB & Ceremonies Performance Test	Learn to Lead ch. 12 Comprehensive Closed-Book Exam DfB & Ceremonies Performance Test	Learn to Lead ch. 13 Cadet Interactive or Open-Book Test DfB & Ceremonies Performance Test	Learn to Lead ch. 14 Cadet Interactive or Open-Book Test DfB & Ceremonies Performance Test	Learn to Lead ch. 15 Cadet Interactive or Open-Book Test DfB & Ceremonies Performance Test	Learn to Lead ch. 16 Cadet Interactive or Open-Book Test DfB & Ceremonies Performance Test	Learn to Lead ch. 17 Comprehensive Closed-Book Exam DfB & Ceremonies Performance Test	Learn to Lead ch. 18 Cadet Interactive or Open-Book Test DfB & Ceremonies Performance Test	Learn to Lead ch. 19 Cadet Interactive or Open-Book Test DfB & Ceremonies Performance Test	Learn to Lead ch. 20 Comprehensive Closed-Book Exam DfB & Ceremonies Performance Test	Learn to Lead ch. 21 Cadet Interactive or Open-Book Test DfB & Ceremonies Performance Test
AEROSPACE	No Requirement	Aerospace Dimension Any Module Cadet Interactive or Written Test	Aerospace Dimension Any Module Cadet Interactive or Written Test	No Requirement	Aerospace Dimension Any Module Cadet Interactive or Written Test	Aerospace Dimension Any Module Cadet Interactive or Written Test	Aerospace Dimension Any Module Cadet Interactive or Written Test	Aerospace Dimension Any Module Cadet Interactive or Written Test	Aerospace Dimension Any Module Cadet Interactive or Written Test	Aerospace Dimension Any Module Cadet Interactive or Written Test	Aerospace Dimension Any Module Cadet Interactive or Written Test	Aerospace Dimension Any Module Cadet Interactive or Written Test	Aerospace Dimension Any Module Cadet Interactive or Written Test	Aerospace Dimension Any Module Cadet Interactive or Written Test	Aerospace Dimension Any Module Cadet Interactive or Written Test	Aerospace Dimension Any Module Cadet Interactive or Written Test	Aerospace Dimension Any Module Cadet Interactive or Written Test	Aerospace Dimension Any Module Cadet Interactive or Written Test			
FITNESS	Alternate CPT as a baseline	Participate in 1 Activity & Have Alternate CPT in Previous 360 days	Participate in 1 Activity & Have Alternate CPT in Previous 360 days	Participate in 1 Activity & Have Alternate CPT in Previous 360 days	Participate in 1 Activity & Have Alternate CPT in Previous 360 days	Participate in 1 Activity & Have Alternate CPT in Previous 360 days	Participate in 1 Activity & Have Alternate CPT in Previous 360 days	Participate in 1 Activity & Have Alternate CPT in Previous 360 days	Participate in 1 Activity & Have Alternate CPT in Previous 360 days	Participate in 1 Activity & Have Alternate CPT in Previous 360 days	Participate in 1 Activity & Have Alternate CPT in Previous 360 days	Participate in 1 Activity & Have Alternate CPT in Previous 360 days	Participate in 1 Activity & Have Alternate CPT in Previous 360 days	Participate in 1 Activity & Have Alternate CPT in Previous 360 days	Participate in 1 Activity & Have Alternate CPT in Previous 360 days	Participate in 1 Activity & Have Alternate CPT in Previous 360 days	Participate in 1 Activity & Have Alternate CPT in Previous 360 days	Participate in 1 Activity & Have Alternate CPT in Previous 360 days	Participate in 1 Activity & Have Alternate CPT in Previous 360 days	Participate in 1 Activity & Have Alternate CPT in Previous 360 days	
CHARACTER	Cadet Welcome Course Cadet Interactive	Participate in 1 Activity	Participate in 1 Activity	Participate in 1 Activity	Participate in 1 Activity	Participate in 1 Activity	Participate in 1 Activity	Participate in 1 Activity	Participate in 1 Activity	Participate in 1 Activity	Participate in 1 Activity	Participate in 1 Activity	Participate in 1 Activity	Participate in 1 Activity	Participate in 1 Activity	Participate in 1 Activity	Participate in 1 Activity	Participate in 1 Activity	Participate in 1 Activity	Participate in 1 Activity	

PHYSICAL FITNESS (IN-PERSON) TEST

PRESIDENTIAL YOUTH FITNESS PROGRAM — HEALTHY FITNESS ZONE (HFZ) STANDARDS																																													
Fitness testing and acclimation period No CPT performance standards		FINGER (20th test)					BUN BENCH					CURL-UPS					PUSH-UPS					SIT & REACH (long method)					LEADS CANDIDATE FITNESS ASSIGNMENT																		
AGE	10	11	12	13	14	15	16	17	18+	10	11	12	13	14	15	16	17	18+	10	11	12	13	14	15	16	17	18+	10	11	12	13	14	15	16	17	18+	10	11	12	13	14	15	16	17	18+
MALE	17	20	23	26	29	34	42	47	50	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10
FEMALE	17	20	23	26	29	34	42	47	50	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10

LEADERSHIP EXPECTATIONS		ATTITUDE		CORE VALUES		COMMUNICATION SKILLS		SENSE OF RESPONSIBILITY		INTERPERSONAL SKILLS		CRITICAL THINKING		DELEGATION SKILLS	
Supervisors provide a leadership meeting using the CAPR 60-100 series forms at least once per phase	Supervisors provide a leadership meeting using the CAPR 60-100 series forms at least once per phase	Displays a positive attitude, optimistic, enthusiastic, team-oriented	Maintains a positive attitude and encourages good attitudes in others; does not boast or act in authority	Aware of the Core Values, honored, wears uniform properly, practices customs and courtesies	Displays a commitment to the Core Values, promotes team spirit, professionalism, and good partnership as a team leader	Listens actively, attentively, asks good questions	Proficient in informal public speaking (e.g., in giving directions to and training junior cadets)	Follows directions, dependable, arrives ready to learn and serve, effective in managing own time	Enhances standards, fosters pride by supervising a small team and leading them in fulfillment of a series of simple tasks, given a plan, is able to carry it out	Guides and coaches junior cadets, recognizes when junior cadets need help, leads by example in "lead"	Thinks in advance and plans ahead to meet the unit's short-term needs, imaginative and not tied to old ways	Delegates routine tasks effectively and works through NCOs, keeps people informed, makes expectations clear, supervises work of other leaders	Directs multiple teams and manages multiple tasks, assigns people to light jobs, delegates well and enables others to take charge		

ELIGIBLE DUTY ASSIGNMENTS (partial list)																								
CADET ELEMENT LEADER				CADET FLIGHT SERGEANT				CADET FIRST SERGEANT				CADET FLIGHT COMMANDER				CADET DEPUTY COMMANDER				CADET COMMANDER				

MINIMUM TIME IN GRADE excluding accelerated promotions for JROTC cadets																					
2 weeks (1st period)	4 weeks (1st period)	6 weeks (1st period)	8 weeks (1st period)	10 weeks (1st period)	12 weeks (1st period)	14 weeks (1st period)	16 weeks (1st period)	18 weeks (1st period)	20 weeks (1st period)	22 weeks (1st period)	24 weeks (1st period)	26 weeks (1st period)	28 weeks (1st period)	30 weeks (1st period)	32 weeks (1st period)	34 weeks (1st period)	36 weeks (1st period)	38 weeks (1st period)	40 weeks (1st period)	42 weeks (1st period)	44 weeks (1st period)
Example: Dec 17	Example: Jan 17	Example: Feb 17	Example: Mar 17	Example: Apr 17	Example: May 17	Example: Jun 17	Example: Jul 17	Example: Aug 17	Example: Sep 17	Example: Oct 17	Example: Nov 17	Example: Dec 17	Example: Jan 18	Example: Feb 18	Example: Mar 18	Example: Apr 18	Example: May 18	Example: Jun 18	Example: Jul 18	Example: Aug 18	Example: Sep 18

Cadet Program Activities



- **Summer and Winter Encampments**

- One week orientation to Air Force life and culture, in a “boot camp-lite” atmosphere of high intensity, high standards individual and team-building.
- Activities are dictated by the Air Force and CAP National HQ, and feature military orientation activities, physical fitness, drill & ceremonies, and inspections, along with classes, tours of military units, presentations by military leaders, and orientation flights in military aircraft.
- Required to achieve the Mitchell Award, and for applying to National Cadet Special Activities
- Encampment graduates may return as a cadet staff member and further develop leadership and managerial skills, under the tutelage of a Senior Member mentor and experienced senior cadets
- Held all across the country each summer, and in some states during winter break. Most Polaris cadets attend AKWG Summer Encampment at JBER in June, or ORWG in December

AKWG Summer Encampment



Cadet Program Activities



- National Cadet Special Activities (NCSAs)
 - 1-2 week activities held across the US (and internationally, in the case of IACE) for cadets who have completed an Encampment
 - Each event is unique and varied, focusing on military careers, flying (both powered and glider), emergency services, citizenship, advanced drill and ceremonies, advanced technologies, space, or leader development
 - Cadets become eligible for some NCSAs as they advance in rank, others as they advance in a particular skill set, such as search and rescue or honor guard.
 - NCSAs vary from year to year; this year's NCSAs are listed at <http://ncsas.com/>

AKWG Cadet Flight Activities

- Cadet Orientation Flights
 - AF-Funded
 - 5 Glider/5 Powered
- Powered Flight Academy
 - Competitive Selection (31 Dec Annual Deadline)
 - Approx 10 Sorties, Qualifier for Wings “Pipeline”
- Glider Flight Academy
 - Competitive Selection (31 Dec Annual Deadline)
 - Approx 30 Sorties, 3-Year Program “Pipeline”



GFA VIDEO



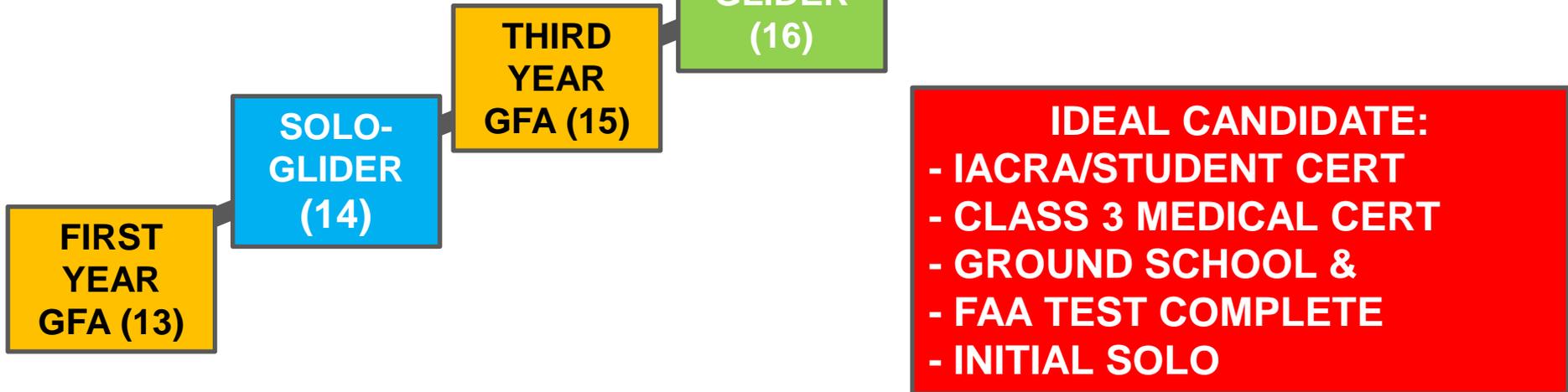
- https://drive.google.com/drive/folders/1pmWJGrbmZ1QVZHD8XbR_rQSoV3cCZW7w

Cadet Flight Training Pre-Reqs

- **STEP 1:** Fly Cadet Orientation Flights & Study AE Modules
- **STEP 2:** Register in IACRA to Obtain FAA Student License
- **STEP 3:** Accomplish FAA Class III Medical Exam
- **STEP 4:** Complete Private Pilot Ground School
- **STEP 5:** Compete for Flight Academy/NCSSA Slot
- **STEP 6:** Pass FAA Written PGL or PAR K-Test



Cadet Flight Training Pipeline



Cadets' Role in Emergency Services



- Unique among youth organizations is CAP's training and utilization of cadets for real-world Emergency Services (ES) operations assigned to CAP by the U.S. Air Force
- ES missions include:
 - Search and rescue (SAR) for downed aircraft and missing persons
 - Disaster relief
 - Operational support to community events, such as Wreaths Across America

Cadets' Role in Emergency Services (Continued)



- Polaris Composite Squadron is an operational squadron, and cadets participate in ES training at least monthly.
- Cadets who are trained and certified in an ES qualification may be alerted to deploy for real-world ES operations (with parental permission)
- E.S. skills that cadets commonly become qualified in include ground (SAR) team member, radio operator, mission base staffer, and flight-line crewmember.
- Cadets 18 and above can become ground team leaders, mission pilots, and other aircrew members

Cost



- Civil Air Patrol seeks to keep costs to a minimum, and maximize use of each dollar spent
- Getting started, parents can expect to pay around \$150 for membership fees and uniform items
- We provide what we can to offset the cost of uniforms and equipment by issuing from our supply. The rest is available at CAP's supply company, Vanguard, or at on-base MCSS, surplus stores, and the base Airman's Attic.
- Once your cadet has achieved their first promotion, CAP offers a \$100 "Curry Voucher" to help offset the cost of the blue dress uniform.
- Activities range from no cost to around \$30 for weekend activities, around \$150 for week-long Encampments, several hundred dollars for National Cadet Special Activities; Flight Schools hover around \$800, & International Exchange is around \$1,200.

Cadets' Responsibilities



- The Cadet Program is designed to instill in cadets a sense of personal responsibility, self-discipline, and initiative.
- Cadets, not their parents, are responsible for preparing their uniform, maintaining their equipment, keeping their cadet supervisor informed, and planning ahead.

POLARIS CADETS ARE IN CHARGE OF THEIR OWN TRAINING, AS INDIVIDUALS AND AS A GROUP-USE THE CHAIN OF COMMAND AND SELF-ADVOCATE!

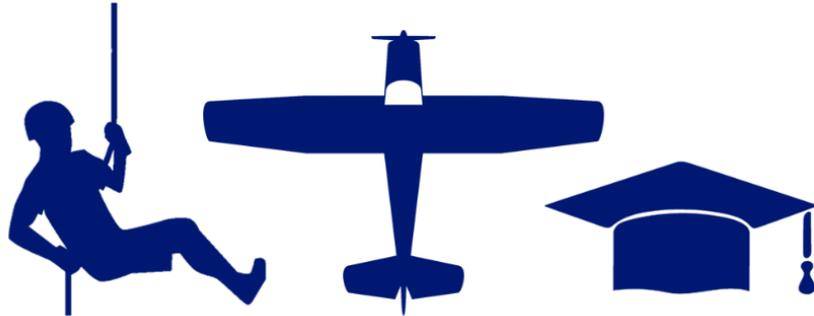
Parents' Responsibilities



- We try not to ask too much of parents, and place the bulk of the responsibility for a cadet's success on the cadet, and his or her cadet leadership.
- The things we do ask are general housekeeping items common with most youth programs, such as
 - Doing your best to be on time
 - Communicating regularly with us
 - Letting us know where we're doing great and where we can improve
 - Informing us of any issues with your child, where we may be able to help, or where we need to get involved

**DO NOT SUFFER IN SILENCE! IF YOU ARE NOT RECEIVING
COMMUNICATION-CALL 907.717.9184!**

Support For Cadets



Not Just for
Flying But
Most NCSAs!

CADETINVE\$T

**WINGS: Apply
Early As the
“Ideal Candidate!”**

Cadets needed for flight training!

Thank you to our funding partners!



U.S. AIR FORCE



CLIMBING ON COURSE

RAY FOUNDATION

Key Suspense Dates FY2024

- **1 Oct 23 - 15 Jan 24:** CadetInvest Program Application Window
- **1 Oct - 31 Dec 23:** 2024 Glider & Powered Flight Academy Application Period (~18 Slots Glider, 10 Slots Powered) 
- **7-8 Oct 23:** AKWG Conference (UAA)
- **~1 Dec 23 - 15 Jan 24:** Summer NCSA Registration Period
- **1 Jan-20 Jan 24:** AKWG Summer Encampment Cadet Cadre Application Period
- **~ 1 Feb 24:** AKWG Summer Encampment Student Registration Opens
- **9 - 11 Feb 24:** AKWG Winter Bivouac/SAREX
- **~1 Mar - 30 May 24** AKWG Powered Flight Academy (Distributed)
- **24 May - 2 Jun 24:** AKWG Glider Flight Academy (Clear SFS)
- **16 Jun - 22 Jun 24:** AKWG Summer Encampment (JBER)
- **1 Jul 24 - 30 Sep 24:** WINGS Flight Scholarship Application Period

6-Month Training Plan FY24A (1/3)

Date Uniform	Core Area	Focus Area	Remarks
5 Sep 23 AE/ABU	Aerospace-C-172S Pre-Flight (C/ <u>Vanderlugt</u>)	Aerospace - Ground School #1 (Lt Col Porter)	SM: Porter, <u>Pittsenbargar</u> Parent Open House
12 Sep 23 ES/ABU	UDF (Equip, Alert, Inspect Vehicle) (C/ <u>CMSgt Neroda</u>)	Compass Use, Map Nav, Radio Comms, DF Beacon, GES/FEMA	SM: Porter, <u>Pittsenbargar</u> , TBD
19 Sep 23 PT	PT Testing (C/ <u>CMSgt Michaud</u>)	Group Activity: Volleyball <u>O'Flt</u> (Lt Col Porter)	SM: Porter, <u>Pittsenbargar</u> , TBD
26 Sep Blues	Testing, Tutoring & Promotion (C/ <u>CMSgt McArthur</u>)	CD & Boards (C/2dLt <u>Krol</u>) 2000 Promotions (C/SSgt <u>Oistad</u>)	SM: Porter, <u>Pittsenbargar</u> , TBD
30 Sep D&C SAT-ABU	Drill & Ceremonies Saturday (C/Lt Col <u>Lukic</u>)	Ach 4 Drill & Pre-Encampment Guide Drill (Memory Work)	SM: <u>Pittsenbargar</u> , TBD
3 Oct 23 AE/ABU	Aerospace - Ground School #2 (Lt Col Porter, C/2dLt <u>Vanderlugt</u>)	Airfoil Build/Test (C/Lt Col Porter) Sims (Lt Col Porter)	SM: Porter, <u>Pittsenbargar</u> , TBD
10 Oct 23 ES/ABU	UDF (Ramp Check, DF <u>Triang</u>) (C/ <u>CMSgt Neroda</u>)	Map BOLDFACE, Radio Comms, GES/FEMA	SM: Porter, <u>Pittsenbargar</u> , TBD
17 Oct 23 PT	PT Testing (C/ <u>CMSgt Michaud</u>)	Group Activity: Volleyball <u>O'Flt</u> (Lt Col Porter)	SM: Porter, <u>Pittsenbargar</u> , TBD
21-22 Oct 23 ABU	POLARIS BIVOUAC (C/Lt Col Porter)	ES & Hawk Skills	SM: Porter, <u>Pittsenbargar</u> , TBD

6-Month Training Plan FY24A (2/3)

24 Oct 23 Blues	Testing, Tutoring & Promotion (C/CMSgt McArthur)	CD & Boards (C/2dLt Krol) 2000 Promotions (C/SSgt Oistad)	SM: Porter, <u>Pittsenbargar</u> , TBD
31 Oct 23	Halloween	No Meeting	N/A
3-5 Nov 23 ABU	1 QTR SAREX (C/Lt Col Porter)	ES & Hawk Skills	SM: Porter, <u>Pittsenbargar</u> , TBD
7 Nov 23 AE/ABU	Aerospace - Ground School #3 (Lt Col Porter, C/2dLt <u>Vanderlugt</u>)	Weight & Balance (C/2dLt <u>Krol</u>) Sims (Lt Col Porter)	SM: Porter, <u>Pittsenbargar</u> , TBD
14 Nov 23 ES/ABU	GTM3 (Heat/Cold Injuries, FA) (C/CMSgt <u>Neroda</u>)	Compass Use, Search Line, Litter Carry, Clue Processing, GES/FEMA	SM: Porter, <u>Pittsenbargar</u> , TBD
21 Nov 23 PT	PT Testing (C/CMSgt <u>Michaud</u>)	Group Activity: Volleyball <u>O'Flt</u> (Lt Col Porter)	SM: Porter, <u>Pittsenbargar</u> , TBD
28 Nov 23 Blues	Testing, Tutoring & Promotion (C/CMSgt McArthur)	CD & Boards (C/2dLt <u>Krol</u>) 2000 Promotions (C/SSgt <u>Oistad</u>)	SM: Porter, <u>Pittsenbargar</u> , TBD
5 Dec 23 AE/ABU	Aerospace - Ground School #4 (Lt Col Porter, C/Lt Col Porter)	AE Mod 1-3 Jeopardy (C/ <u>Vanderlugt</u>) Sims (Lt Col Porter)	SM: Porter, <u>Pittsenbargar</u> , TBD
9-10 Dec 23 AE SAT-ABU	Ground School Weekend (C/Lt Col Porter, C/2dLt <u>Krol</u>)	Blocks 5-14 and C/2dLt <u>Vanderlugt</u>)	SM: <u>Pittsenbargar</u> , Porter
12 Dec 23 ES/ABU	GTM3 (Equip, Inspect Vehicle) (C/CMSgt <u>Neroda</u>)	Signaling, Radio Comms, Logs, Mark Routes, Land Nav, Shelters	SM: Porter, <u>Pittsenbargar</u> , TBD

6-Month Training Plan FY24A (3/3)

19 Dec 23 Civvies	Testing, Tutoring & Promotion (C/CMSgt McArthur)	Holiday Party (C/SMSgt Michaud, C/SSgt Oistad)	SM: Porter, <u>Pittsenbargar</u> , TBD
26 Dec 23	Holiday Break	No Meeting	N/A
2 Jan 24 AE/ABU	Aerospace: Space Module (C/2dLt <u>Vanderlugt</u>)	Phase 1 (Indoor) Rocket Launch (C/Lt Col Porter)	SM: Porter, <u>Pittsenbargar</u> , TBD
9 Jan 24 ES/ABU	GTM2 (Equip, Topo Maps) (C/CMSgt <u>Neroda</u>)	BOLDFACE, Land Nav, Radio Comms, DF Beacon, Shelters	SM: Porter, <u>Pittsenbargar</u> , TBD
16 Jan 24 PT	PT Testing (C/CMSgt Michaud)	Group Activity: Volleyball <u>O'Flt</u> (Lt Col Porter)	SM: Porter, <u>Pittsenbargar</u> , TBD
23 Jan 24 Blues	Testing, Tutoring & Promotion (C/CMSgt McArthur)	CD & Boards (C/2dLt <u>Krol</u>) 2000 Promotions (C/SSgt <u>Oistad</u>)	SM: Porter, <u>Pittsenbargar</u> , TBD
30 Jan 24 Civvies	Fun Meeting (C/CMSgt Michaud)	TBD	SM: Porter, <u>Pittsenbargar</u> , TBD

MEETING AGENDA

1815: Staff Arrival

1830: Opening Formation

2015: Closing Formation

2020: Staff AAR

2030: Dismissal

Our Responsibilities



- Communicate with you, early and often
- Support, mentor, and guide your child as they grow and progress through the cadet program
- Be open and transparent with you concerning all cadet activities and interactions with your child
- Ensure for the welfare and safety of your child while in our care
- Properly supervise your child, ensuring that activities are safe and positive
- Prevent harm to your child from abuse of any kind, hazing, or neglect
- Give you the opportunity to participate in CAP alongside your child, as a Senior Member

Ways that Parents Can Contribute



- Some of the ways parents can help include:
 - Assisting with CAP initiatives, such as recruiting drives, fundraisers, and Wreaths Across America
 - Organizing a carpool system with other parents
 - Guest speaking or presenting at a cadet activity
 - Becoming a Senior Member
 - Spreading the news about CAP

POLARIS SENIOR MEMBERS NEED HELP TO ADMINISTER OUR AWARD-WINNING PROGRAM-IF YOU CAN HELP AS A DRIVER AND/OR CHAPERONE, PLEASE CALL LT COL PORTER AT 907-717-9184

Useful Links



- Cadet Super Chart (Advancement-At-A-Glance):
https://www.gocivilairpatrol.com/media/cms/VA_60100_2_lettersize_sheets_461CB93C47D10.pdf
- Cadet Library - http://www.capmembers.com/cadet_programs/library/
- Alaska Wing Homepage – <https://akwg.cap.gov/>
- Polaris Squadron Homepage – <https://polaris.cap.gov/>
- CAP Uniform Supplies - <https://www.vanguardmil.com/pages/civil-air-patrol-collection>
- National Cadet Special Activities Info -
<https://www.gocivilairpatrol.com/programs/cadets/activities>
- Cadet Wings Program Info -
<https://www.gocivilairpatrol.com/programs/cadets/cadetinvest/cadet-wings>
- CadetInvest Scholarship Program Info -
<https://www.gocivilairpatrol.com/programs/cadets/cadetinvest>

