



Escondido Cadet Squadron 714

Cadet Basic Training – Week Four

Civil Air Patrol Membership Knowledge

(Ref. CAPR 35-3 and 39-2)

Membership Classifications

Senior Members

- Adults 18 years of age and older.
- Active Members
- Retired Members
Senior Members are eligible to retire from service after 12 years of service.
- Life Members

Aerospace Education Members

- Adults 18 years of age and older.
- Works in the educational field.
- No uniform or grade.
- Works to promote aerospace education.

Business Members

- Corporations
- Partnerships / formal organizations.
- Join as a group to support CAP.

Cadets

- 12 years of age or older.
- Less than 18 years of age when joining.
Cadets may remain in the program until their 21st birthday.
- U.S. Citizen or Permanent Resident Alien.
- Good moral character.
- In school or graduated.
- Not married.
- Not active duty military.
Cadets who enter service in the Reserve or National Guard component of a branch are not considered “active duty”, unless activated for a period of duty other than that classified as initial entry training.

Cadet Membership Loss

- Reach the age of 21.
- Join the active duty armed forces.
- Failure to maintain a satisfactory academic record.
- Marriage
- Failure to renew membership.
- Voluntary resignation.
- Payment of any kind made to National Headquarters (NHQ) with a bad check, if not redeemable within 60 days of proper notification.

Cadet Physical Fitness Testing (CPFT) Program

(Ref: CAPR 52-18)

Physical Fitness Test Events

- Curl-ups (Quantity performed in 60 seconds.)
- Sit & Reach (Distance reached while seated in prescribed position.)
- Push-Ups Test (Total Quantity Performed.)
- 1 Mile Run or Shuttle Run Alternative (Timed Test.)

CPFT Scoring Percentiles

- | | |
|-------------------------------------|-----------------------------|
| • Achievements 1-3 | 25 th Percentile |
| • Achievements 4-6 | 35 th Percentile |
| • Achievements 7-8 & Mitchell Award | 50 th Percentile |
| • Achievements 9-11 & Earhart Award | 60 th Percentile |
| • Achievements 12-16 & Eaker Award | 70 th Percentile |
| • Spaatz Award | 75 th Percentile |

CPFT Event Purposes

- ***Curl Ups*** are designed to measure the endurance of the abdominal and hip-flexor muscles.
- The ***Sit & Reach*** test is designed to measure the flexibility of the lower back and hamstring muscles.
- ***Push Ups*** are designed to measure upper body strength and endurance.
- The ***1-Mile Run*** is designed to test cardio-respiratory (aerobic) fitness and endurance, as well as endurance of the leg muscles. The purpose of the alternative ***Shuttle Run*** is to test and evaluate speed and coordination.

See CADET PHYSICAL FITNESS TESTING REQUIREMENTS (excerpt from CAPR 52-18) for information on specific physical fitness requirements.

Attitude & Discipline

"Military discipline is that mental attitude and state of training which renders obedience instinctive under all conditions. It is founded upon respect for and loyalty to properly constituted authority."

Attitude is the "state of mind" which lies behind everything a person does. Attitude, either good or bad, will be reflected in your personal appearance and behavior. It will appear in your bearing, uniform, tone of voice, and facial expressions. If you have a negative attitude, your effectiveness in working with other people will decrease and may risk the success of the mission.

Attitudes have certain things in common: they are contagious, attitudes cannot be escaped, and results of a given attitude can be observed. To develop a positive attitude, you must begin by understanding why things are done. Sometimes it may be necessary to subordinate your interests to the good of the unit. You must shift your attitude from "I do it because I have to" to "I do it for the good of the CAP". The attitudes of a leader are especially critical because his actions will determine what his subordinates' actions will be. The sum of the attitudes of all members of a group is the key to unit effectiveness.

A positive, enthusiastic group will accomplish its mission effectively. Within a CAP unit, discipline is defined as a state of order characterized by habitual but reasoned obedience to orders — reasoned because individual understanding must be kept. The military objective of discipline is "to accomplish the mission with maximum efficiency!" This requires discipline.

There are two types of discipline — self discipline and group discipline. Self discipline is discipline from within a person out of moral or practical convictions. Group discipline is discipline that governs the effectiveness of the unit. Military discipline is that mental attitude and state of training which renders obedience instinctive under all conditions. It is founded upon respect for and loyalty to properly constituted authority.

Self discipline is not a goal in itself. It is a tool used to achieve the real objective, which is group discipline. If you remember the military objective of discipline, it takes the sum of every person's self discipline to achieve group discipline and to accomplish the mission effectively. If you have ever noticed any effective leaders, they have always had two things in common: they had a good attitude and they were disciplined.

The California Wing Cadet Honor Code

"On my honor, as a Civil Air Patrol Cadet of the California Wing, I will not lie, cheat, steal or commit any act of intentional dishonesty or tolerate those who do".

The Cadet Honor Code establishes a common ground or foundation for cadets to compete with one another on a fair and equitable basis. It paves the way for an individual to achieve based upon his own merits. Cheating is taking unfair advantage of others. It applies not only to cheating on a test but to your whole cadet life, from academics to physical education.

Taking someone's property for whatever reason, without the permission of the owner is stealing. Willfully destroying another person's property is the same as stealing it because the owner can no longer use his possession.

The toleration clause of the Cadet Honor Code is the backbone of the code. It makes the code work and eliminates the need for a policing body. If a cadet knows of a violation of the Honor Code and does not report it, he becomes an accessory in keeping dishonor within the Corps. Non-toleration is not "ratting" on your fellow Cadets: it is simply not tolerating violations of the Cadet Honor Code, within your own Cadet Corps.

Drill & Ceremonies Instruction

1. Forward March
2. Route Step March
3. Halt
4. Quick-time March
5. Double-time March
6. Mark-time March