

1292 RCACC Master Training Plan

			Green Star		Red Star		Silver Star		Gold Star		Master Cadet	
DATE	PERIOD	PO/EO	SUBJECT / EO PERFORMANCE STATEMENT	PO/EO	SUBJECT / EO PERFORMANCE STATEMENT	PO/EO	SUBJECT / EO PERFORMANCE STATEMENT	PO/EO	SUBJECT / EO PERFORMANCE STATEMENT	PO/EO	SUBJECT / EO PERFORMANCE STATEMENT	
21-Sep-17	1	19:00 19:30	M-107.01	General Cadet Knowledge - Participate in a Discussion on Green Star Training.	M-207.01	General Cadet Knowledge - Identify Red Star Training Opportunities	M-307.01	General Cadet Knowledge - Identify Silver Star Training Opportunities	M-426.01	Expedition Skills - Prepare for Expedition Training		
	Instructor		Patel	Instructor	Thompson	Instructor	WO Asselin	Instructor	WO Sitolay	Instructor		
	Location			Location	Location	Location	Location	Location	Location	Location		
	2	19:30 20:00	M-107.02	General Cadet Knowledge - Identify Army Cadet Ranks and Officer Ranks.	M-203.01	Leadership - Discuss Leadership Within a Peer Setting	M-303.01a	Leadership - Define the Role of a Team Leader	M-425.01	Outdoor Leadership - Establish Expedition Parameters		
	Instructor		Patel	Instructor	Luong	Instructor	WO Asselin	Instructor	WO Sitolay	Instructor		
	Location			Location	Location	Location	Location	Location	Location	Location		
	3	20:10 20:40	O-LVL O PD	Unit Created Optional Training - Level Officer Period Admin	O-LVL O PD	Unit Created Optional Training - Level Officer Period & Admin	O-LVL O PD	Unit Created Optional Training - Level Officer Period & Admin	O-LVL O PD	Unit Created Optional Training - Level Officer Period & Admin		
	Instructor		Lvl O	Instructor	Lvl O	Instructor	Lvl O	Instructor	Lvl O	Instructor		
	Location			Location	Location	Location	Location	Location	Location	Location		
28-Sep-17	1	19:00 19:30	M-107.03	General Cadet Knowledge - Observe Rules and Procedures for the Paying of Compliments.	M-207.02	General Cadet Knowledge - Recognize the History of the Royal Canadian Army Cadets (RCAC)	M-303.01b	Leadership - Define the Role of a Team Leader	M-425.02a	Outdoor Leadership - Plan an Expedition Route	M-503.01	Leadership - Create a Proposal
	Instructor		Woodrow	Instructor	Nasse	Instructor	WO Asselin	Instructor	Sitolay	Instructor	2Lt King	
	Location			Location	Location	Location	Location	Location	Location	Location		
	2	19:30 20:00	M-107.04	General Cadet Knowledge - State the Aims and Motto of the Army Cadet Program.	M-208.01a	Drill - Execute Left and Right Turns on the March	M-303.02	Leadership - Participate in a Mentoring Relationship	M-425.02b	Outdoor Leadership - Plan an Expedition Route		
	Instructor		Woodrow	Instructor	Skarbo	Instructor	WO Luong	Instructor	Sitolay	Instructor		
	Location			Location	Location	Location	Location	Location	Location	Location		
	3	20:10 20:40	M-108.01	Drill - Adopt the Positions of Attention, Stand at Ease, and Stand Easy.	M-208.01b	Drill - Execute Left and Right Turns on the March	M-303.03	Leadership - Practice Self-Assessment	M-425.02c	Outdoor Leadership - Plan an Expedition Route		
	Instructor		RSM	Instructor	Skarbo	Instructor	Lt Henne/CV Robinson	Instructor	Sitolay	Instructor		
	Location			Location	Location	Location	Location	Location	Location	Location		

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5-Oct-17	1	19:00 19:30	M-PSRY.01a	PSRY - What We Expect From You as a Cadet	M-201.01a	Participate In Citizenship Activities - Participate in Citizenship Activities	M-301.01a	Participate In Citizenship Activities - Participate in Citizenship Activities	M-425.03a	Outdoor Leadership - Develop an Expedition Equipment List	M-507.01a	General Cadet Knowledge - Develop a Personalized Schedule	
	Instructor		2Lt King/CV Lemco		Instructor	CV Heintz		Instructor	TBD		Instructor	Thompson	
	Location				Location			Location			Location		
	2	19:30 20:00	M-108.02	Drill - Execute a Salute at the Halt Without Arms.	M-201.01b	Participate In Citizenship Activities - Participate in Citizenship Activities	M-301.01b	Participate In Citizenship Activities - Participate in Citizenship Activities	M-425.03b	Outdoor Leadership - Develop an Expedition Equipment List	M-507.01b	General Cadet Knowledge - Develop a Personalized Schedule	
	Instructor		Patel		Instructor	CV Heintz		Instructor	TBD		Instructor	Thompson	
	Location				Location			Location			Location		
	3	20:10 20:40	M-108.03	Drill - Execute Turns at the Halt.	M-201.01c	Participate In Citizenship Activities - Participate in Citizenship Activities	M-301.01c	Participate In Citizenship Activities - Participate in Citizenship Activities	M-425.04a	Outdoor Leadership - Develop an Expedition Ration Plan			
	Instructor		Patel		Instructor	CV Heintz		Instructor	TBD		Instructor	Thompson	
	Location				Location			Location			Location		
12-Oct-17	1	19:00 19:30	M-121.01a	Bivouac Exercise - Select Personal Equipment.	M-208.02	Drill - Form Single File From the Halt	C-207.02a	General Cadet Knowledge - Visit a Local Cadet Corps or Squadron	M-425.04b	Outdoor Leadership - Develop an Expedition Ration Plan	M-507.01c	General Cadet Knowledge - Develop a Personalized Schedule	
	Instructor		Woodrow		Instructor	Skarbo		Instructor	Capt Williams		Instructor	Thompson	
	Location				Location			Location			Location		
	2	19:30 20:00	M-121.01b	Bivouac Exercise - Select Personal Equipment.	M-203.02	Leadership - Discuss the Principles of Leadership	C-207.02b	General Cadet Knowledge - Visit a Local Cadet Corps or Squadron	M-PSRY.02a	PSRY - What complaints and Consent Are and How to Practice Risk Reduction			
	Instructor		Woodrow		Instructor	Luong		Instructor	Capt Williams		Instructor	2Lt Kinig	
	Location				Location			Location			Location		
	3	20:10 20:40	M-PSRY.01b	PSRY - What We Expect From You as a Cadet	M-203.03	Leadership - Discuss Effective Communication in a Peer Setting	C-207.02c	General Cadet Knowledge - Visit a Local Cadet Corps or Squadron	M-408.01	Drill - Discuss Commanding a Platoon on a Parade			
	Instructor		2Lt King/CV Lemco		Instructor	Sitolay		Instructor	Capt Williams		Instructor	RSM	
	Location				Location			Location			Location		

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19-Oct-17	1	19:00 19:30	M-121.02a	Bivouac Exercise - Transport Personal Equipment.	M-204.02a	Personal Fitness and Healthy Living - Identify Strategies to Improve Physical Activities and Participate in the Cadet Fitness Assessment	M-304.03a	Personal Fitness and Healthy Living - Participate in the Cadet Fitness Assessment and Identify Strategies for Improving Personal Physical Fitness	M-PSRY.02b	PSRY - What complaints and Consent Are and How to Practice Risk Reduction		
	Instructor		Triantafillidis	Instructor	Sitolay/Asselin/Luong/Thompson/CV Heintz/CV Thompson	Instructor	Sitolay/Asselin/Luong/Thompson/CV Heintz/CV Thompson	Instructor	2Lt King	Instructor		
	Location			Location		Location		Location		Location		
	2	19:30 20:00	M-121.02b	Bivouac Exercise - Transport Personal Equipment.	M-204.02b	Personal Fitness and Healthy Living - Identify Strategies to Improve Physical Activities and Participate in the Cadet Fitness Assessment	M-304.03b	Personal Fitness and Healthy Living - Participate in the Cadet Fitness Assessment and Identify Strategies for Improving Personal Physical Fitness	M-408.02	Drill - Identify Parade Sequence	M-503.02a	Leadership - Prepare an Exercise
	Instructor		Triantafillidis	Instructor	Sitolay/Asselin/Luong/Thompson/CV Heintz/CV Thompson	Instructor	Sitolay/Asselin/Luong/Thompson/CV Heintz/CV Thompson	Instructor	Skarbo	Instructor	Lt Valliani/2Lt King	
	Location			Location		Location		Location		Location		
	3	20:10 20:40	M-121.04	Bivouac Exercise - Assemble a Survival Kit.	M-204.02c	Personal Fitness and Healthy Living - Identify Strategies to Improve Physical Activities and Participate in the Cadet Fitness Assessment	M-304.03c	Personal Fitness and Healthy Living - Participate in the Cadet Fitness Assessment and Identify Strategies for Improving Personal Physical Fitness	O-LVL O PD	Unit Created Optional Training - Level Officer Period & Admin	M-503.02b	Leadership - Prepare an Exercise
	Instructor		Nasse	Instructor	Sitolay/Asselin/Luong/Thompson/CV Heintz/CV Thompson	Instructor	Sitolay/Asselin/Luong/Thompson/CV Heintz/CV Thompson	Instructor	Lvl O	Instructor	Lt Valliani/2Lt King	
	Location			Location		Location		Location		Location		
26-Oct-17	1	19:00 19:30	CO Parade		CO Parade		CO Parade		CO Parade		CO Parade	
	Instructor		RSM	Instructor	RSM	Instructor	RSM	Instructor	RSM	Instructor	RSM	
	Location			Location		Location		Location		Location		
	2	19:30 20:00	C-108.01a	Drill - Execute Supplementary Drill Movements.	C-108.01a	Drill - Execute Supplementary Drill Movements	M-308.01a	Drill - Prepare a Squad for Parade	M-408.03	Drill - Command a Squad	M-503.02c	Leadership - Prepare an Exercise
	Instructor		Woodrow	Instructor	Nasse	Instructor	Patel	Instructor	Sitolay	Instructor	Lt Valliani	
	Location			Location		Location		Location		Location		
	3	20:10 20:40	O-LVL O PD	Unit Created Optional Training - Level Officer Period & Admin	O-LVL O PD	Unit Created Optional Training - Level Officer Period & Admin	O-LVL O PD	Unit Created Optional Training - Level Officer Period & Admin	O-LVL O PD	Unit Created Optional Training - Level Officer Period & Admin		
	Instructor		Lvl O	Instructor	Lvl O	Instructor	Lvl O	Instructor	Lvl O	Instructor		
	Location			Location		Location		Location		Location		

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2-Nov-17	1 19:00 19:30	M-104.02a	Personal Fitness and Healthy Living - Identify Strategies to Improve Physical Activities and Participate in the Cadet Fitness Assessment	M-224.01a	Survival - Describe Immediate Actions to Take When Lost	M-320.01a	Participate in a CAF Familiarization Activities - Participate in CAF Familiarization Activities	M-404.03a	Personal Fitness and Healthy Living - Participate in the Cadet Fitness Assessment and Identify Strategies for Improving Personal Physical Fitness	M-504.01a	Personal Fitness and Healthy Living - Participate in the Cadet Fitness Assessment and Identify Strategies for Improving Personal Physical Fitness	
			Instructor	Skarbo	Instructor	Lt Henne	Instructor	TBD	Instructor	Luong/Asselin/Sitolay/Thompson/CV Heintz	Instructor	Luong/Asselin/Sitolay/Thompson/CV Heintz
			Location		Location		Location		Location		Location	
	2 19:30 20:00	M-104.02b	Personal Fitness and Healthy Living - Identify Strategies to Improve Physical Activities and Participate in the Cadet Fitness Assessment	M-224.01b	Survival - Describe Immediate Actions to Take When Lost	M-320.01b	Participate in a CAF Familiarization Activities - Participate in CAF Familiarization Activities	M-404.03b	Personal Fitness and Healthy Living - Participate in the Cadet Fitness Assessment and Identify Strategies for Improving Personal Physical Fitness	M-504.01b	Personal Fitness and Healthy Living - Participate in the Cadet Fitness Assessment and Identify Strategies for Improving Personal Physical Fitness	
			Instructor	Skarbo	Instructor	Lt Henne	Instructor	TBD	Instructor	Luong/Asselin/Sitolay/Thompson/CV Heintz	Instructor	Luong/Asselin/Sitolay/Thompson/CV Heintz
			Location		Location		Location		Location		Location	
	3 20:10 20:40	M-104.02c	Personal Fitness and Healthy Living - Identify Strategies to Improve Physical Activities and Participate in the Cadet Fitness Assessment	M-220.01a	Participate in a CAF Familiarization Activities - Participate in CAF Familiarization Activities	M-320.01c	Participate in a CAF Familiarization Activities - Participate in CAF Familiarization Activities	M-404.03c	Personal Fitness and Healthy Living - Participate in the Cadet Fitness Assessment and Identify Strategies for Improving Personal Physical Fitness	M-504.01c	Personal Fitness and Healthy Living - Participate in the Cadet Fitness Assessment and Identify Strategies for Improving Personal Physical Fitness	
			Instructor	Skarbo	Instructor	TBD	Instructor	TBD	Instructor	Luong/Asselin/Sitolay/Thompson/CV Heintz	Instructor	Luong/Asselin/Sitolay/Thompson/CV Heintz
			Location		Location		Location		Location		Location	
9-Nov-17	1 19:00 19:30	M-103.01	Leadership - Identify the Responsibilities of a Follower in a Team.	M-221.03a	Bivouac Exercise - Identify Provincial/Territorial Wildlife	M-321.01	Bivouac Exercise - Perform the Duties of a Team Leader in the Field	C-308.02a	Drill - Deliver Words of Command			
			Instructor	Patel	Instructor	CV Krisko	Instructor	Nasse	Instructor	Skarbo	Instructor	
			Location		Location		Location		Location		Location	
	2 19:30 20:00	M-PSRY.04a	PSRY - What Conflict Is and How You Can Deal With It	M-221.03b	Bivouac Exercise - Identify Provincial/Territorial Wildlife	M-308.01b	Drill - Prepare a Squad for Parade	C-308.02b	Drill - Deliver Words of Command			
			Instructor	Lt Valliani	Instructor	CV Krisko	Instructor	Asselin	Instructor	Skarbo	Instructor	
			Location		Location		Location		Location		Location	
	3 20:10 20:40	C-108.01b	Drill - Execute Supplementary Drill Movements.	C-108.01b	Drill - Execute Supplementary Drill Movements	C-208.02a	Drill - Execute Drill With Arms	M-PSRY.01a	PSRY - Your Responsibility as a leader to Influence Positive Social Relations			
			Instructor	Woodrow	Instructor	Luong	Instructor	Asselin	Instructor	Lt Valliani	Instructor	
			Location		Location		Location		Location		Location	

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16-Nov-17	1	19:00 19:30	M-103.02	Leadership - Map Personal Goals for the Training Year.	M-221.04	Bivouac Exercise - Perform Basic First Aid	M-308.01c	Drill - Prepare a Squad for Parade	M-424.01a	Survival - Sharpen a Survival Knife		
	Instructor		CV Theurekauf/Thompson		Instructor	Sitolay		Instructor	Skarbo		Instructor	Lt Kaczmarski
	Location				Location			Location			Location	
	2	19:30 20:00	M-107.05a	General Cadet Knowledge - Wear the Army Cadet Uniform.	M-224.02	Survival - Identify the Seven Enemies of Survival	M-308.02	Drill - Deliver Words of Command	M-424.01b	Survival - Sharpen a Survival Knife		
	Instructor		Triantafillidis		Instructor	Sitolay		Instructor	Skarbo		Instructor	Lt Kaczmarski
	Location				Location			Location			Location	
	3	20:10 20:40	O-LVL O PD	Unit Created Optional Training - Level Officer Period & Admin	O-LVL O PD	Unit Created Optional Training - Level Officer Period & Admin	O-LVL O PD	Unit Created Optional Training - Level Officer Period & Admin	O-LVL O PD	Unit Created Optional Training - Level Officer Period & Admin		
	Instructor		Lvl O		Instructor	Lvl O		Instructor	Lvl O		Instructor	Lvl O
	Location				Location			Location			Location	
23-Nov-17	1	19:00 19:30	M-107.05b	General Cadet Knowledge - Wear the Army Cadet Uniform.	M-223.01a	Hiking & Trekking - Prepare for Trekking	M-320.01d	Participate in a CAF Familiarization Activities - Participate in CAF Familiarization Activities	M-PSRY.01b	PSRY - Your Responsibility as a leader to Influence Positive Social Relations	M-501.01a	Citizenship - Define Global Citizenship
	Instructor		Woodrow		Instructor	Luong		Instructor	TBD		Instructor	Lt Valliani
	Location				Location			Location			Location	
	2	19:30 20:00	M-121.05	Bivouac Exercise - Recognize Environmental Hazards.	M-223.01b	Hiking & Trekking - Prepare for Trekking	M-320.01e	Participate in a CAF Familiarization Activities - Participate in CAF Familiarization Activities	M-408.04a	Drill - Inspect a Cadet on Parade	M-501.01b	Citizenship - Define Global Citizenship
	Instructor		Patel		Instructor	Luong		Instructor	TBD		Instructor	Asselin
	Location				Location			Location			Location	
	3	20:10 20:40	M-123.01	Hiking & Trekking - Select Hiking Clothing and Equipment.	M-224.03	Survival - Predict Weather Using Cloud Formations	M-320.01f	Participate in a CAF Familiarization Activities - Participate in CAF Familiarization Activities	M-408.04b	Drill - Inspect a Cadet on Parade		
	Instructor		Sitolay		Instructor	Thompson		Instructor	TBD		Instructor	Asselin
	Location				Location			Location			Location	

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30-Nov-17	1 19:00 19:30	CO Parade		CO Parade		CO Parade		CO Parade		CO Parade	
	Instructor		RSM	Instructor	RSM	Instructor	RSM	Instructor	RSM	Instructor	RSM
	Location			Location		Location		Location		Location	
	2 19:30 20:00	M-121.06	Bivouac Exercise - Identify Environmental Injuries.	M-223.02	Hiking & Trekking - Identify Hiking/Trekking Associations	M-307.02	General Cadet Knowledge - Identify Year Three CSTC Training Opportunities	M-PSRY.03a	PSRY - Your Responsibility as a Leader to Help Manage Conflict		
	Instructor		Triantafillidis	Instructor	CV Lemco	Instructor	Lt Henne/CV Robinson	Instructor	2Lt King/CI Wood	Instructor	
	Location			Location		Location		Location		Location	
	3 20:10 20:40	M-PSRY.02	PSRY - What Can Happen When Behaviours Exceed or Do Not Meet Expectations	M-207.04	General Cadet Knowledge - Identify Year Two CSTC Training Opportunities	C-320.01a	Participate in a CAF Familiarization Activities - Participate in CAF Familiarization Activities	M-407.01	General Cadet Knowledge - Identify Gold Star Training Opportunities		
	Instructor		Lt Valliani/CV Lemco	Instructor	CV Heintz	Instructor	TBD	Instructor	2Lt King/CI Wood	Instructor	
	Location			Location		Location		Location		Location	
7-Dec-17	1 19:00 19:30	M-107.06	General Cadet Knowledge - Participate in a Discussion on Year One Summer Training Opportunities.	M-221.09a	Bivouac Exercise - Maintain Section Equipment Following a Field Training Exercise (FTX)	C-208.02b	Drill - Execute Drill With Arms	M-PSRY.03b	PSRY - Your Responsibility as a Leader to Help Manage Conflict		
	Instructor		CV Lemco	Instructor	Luong/Nasse	Instructor	Skarbo	Instructor	Lt Valliani	Instructor	
	Location			Location		Location		Location		Location	
	2 19:30 20:00	M-PSRY.03	PSRY - What Harassment, Criminal Offences and Child Abuse Are and Where You Can Go for Help	M-221.09b	Bivouac Exercise - Maintain Section Equipment Following a Field Training Exercise (FTX)	C-208.02c	Drill - Execute Drill With Arms	M-407.02	General Cadet Knowledge - Identify Year Four Cadet Summer Training Centre (CSTC) Training Opportunities		
	Instructor		2Lt King	Instructor	Loung/Nasse	Instructor	Skarbo	Instructor	Capt Williams/CI Wood	Instructor	
	Location			Location		Location		Location		Location	
	3 20:10 20:40	O-LVL O PD	Unit Created Optional Training - Level Officer Period & Admin	O-LVL O PD	Unit Created Optional Training - Level Officer Period & Admin	O-LVL O PD	Unit Created Optional Training - Level Officer Period & Admin	O-LVL O PD	Unit Created Optional Training - Level Officer Period & Admin		
	Instructor		LVI O	Instructor	LVI O	Instructor	LVI O	Instructor	LVI O	Instructor	
	Location			Location		Location		Location		Location	

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14-Dec-17	1 19:00 19:30	M-PSRY.04b	PSRY - What Conflict Is and How You Can Deal With It	C-207.01	General Cadet Knowledge - Identify the Rank Structure of the Royal Canadian Sea and Air Cadets	O-CO	Unit Created Optional Training - CO's Session	O-CO	Unit Created Optional Training - CO's Session		
	Instructor		2Lt King	Instructor	Patel	Instructor	Capt Williams	Instructor	Capt Williams	Instructor	
	Location			Location		Location		Location		Location	
	2 19:30 20:00	C-325.02	Outdoor Leadership - Participate in a Presentation on the Duke of Edinburgh Award Program	C-325.02	Outdoor Leadership - Participate in a Presentation on the Duke of Edinburgh Award Program	C-325.02	Outdoor Leadership - Participate in a Presentation on the Duke of Edinburgh Award Program	C-325.02	Outdoor Leadership - Participate in a Presentation on the Duke of Edinburgh Award Program		
	Instructor		Guest Speaker	Instructor	Guest Speaker	Instructor	Guest Speaker	Instructor	Guest Speaker	Instructor	
	Location			Location		Location		Location		Location	
	3 20:10 20:40	M-120.01a	Participate in a CAF Familiarization Activities - Participate in CAF Familiarization Activities	M-220.01b	Participate in a CAF Familiarization Activities - Participate in CAF Familiarization Activities	C-320.01b	Participate in a CAF Familiarization Activities - Participate in CAF Familiarization Activities	O-CO	Unit Created Optional Training - CO's Session		
	Instructor		TBD	Instructor	TBD	Instructor	TBD	Instructor	Capt Williams	Instructor	
	Location			Location		Location		Location		Location	
21-Dec-17	1 19:00 19:30	M-104.01a	Personal Fitness and Healthy Living - Participate in 60 Minutes of Moderate to Vigorous Intensity Physical Activity and Track Participation	M-204.01a	Personal Fitness and Healthy Living - Participate in 60 Minutes of Moderate to Vigorous Intensity Physical Activity and Track Participation	M-304.01a	Personal Fitness and Healthy Living - Participate in 60 Minutes of Moderate to Vigorous Intensity Physical Activity and Track Participation	M-404.01a	Personal Fitness and Healthy Living - Participate in 60 Minutes of Moderate to Vigorous Intensity Physical Activity and Track Participation		
	Instructor		CV Heintz/Ci Thompson	Instructor	CV Heintz/Ci Thompson	Instructor	CV Heintz/Ci Thompson	Instructor	CV Heintz/Ci Thompson	Instructor	
	Location			Location		Location		Location		Location	
	2 19:30 20:00	M-104.01b	Personal Fitness and Healthy Living - Participate in 60 Minutes of Moderate to Vigorous Intensity Physical Activity and Track Participation	M-204.01b	Personal Fitness and Healthy Living - Participate in 60 Minutes of Moderate to Vigorous Intensity Physical Activity and Track Participation	M-304.01b	Personal Fitness and Healthy Living - Participate in 60 Minutes of Moderate to Vigorous Intensity Physical Activity and Track Participation	M-404.01b	Personal Fitness and Healthy Living - Participate in 60 Minutes of Moderate to Vigorous Intensity Physical Activity and Track Participation		
	Instructor		CV Heintz/Ci Thompson	Instructor	CV Heintz/Ci Thompson	Instructor	CV Heintz/Ci Thompson	Instructor	CV Heintz/Ci Thompson	Instructor	
	Location			Location		Location		Location		Location	
	3 20:10 20:40	O-LVL O PD	Unit Created Optional Training - Level Officer Period & Admin	O-LVL O PD	Unit Created Optional Training - Level Officer Period & Admin	O-LVL O PD	Unit Created Optional Training - Level Officer Period & Admin	O-LVL O PD	Unit Created Optional Training - Level Officer Period & Admin		
	Instructor		Lvl O	Instructor	Lvl O	Instructor	Lvl O	Instructor	Lvl O	Instructor	
	Location			Location		Location		Location		Location	