ROYAL CANADIAN ARMY CADETS

SILVER STAR

INSTRUCTIONAL GUIDE

SECTION 2

EO M307.02 – IDENTIFY YEAR THREE CSTC TRAINING OPPORTUNITIES

Total Time: 30 min

PREPARATION

PRE-LESSON INSTRUCTIONS

Resources needed for the delivery of this lesson are listed in the lesson specification located in A-CR-CCP-703/PG-001, Chapter 4. Specific uses for said resources are identified throughout the instructional guide within the TP for which they are required.

Review the lesson content and become familiar with the material prior to delivering the lesson.

Refer to Annex C of CATO 40-01, *Army Cadet Program Outline* prior to delivering this lesson.

PRE-LESSON ASSIGNMENT

N/A.

APPROACH

A group discussion was chosen for TP 1 as it allows the cadets to interact with their peers and share their experiences, opinions, and feelings about areas of interest for CSTC training opportunities.

An interactive lecture was chosen for TP 2 to orient the cadets to year three CSTC training opportunities and generate interest.

INTRODUCTION

REVIEW

N/A.

OBJECTIVES

By the end of this lesson the cadet shall have identified year three CSTC training opportunities.

IMPORTANCE

It is important for cadets to identify the year three CSTC training opportunities available to them, as it will allow them to make an informed decision on which course they would like to apply for.

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Teaching point 1 **Discuss the Areas of Interest for CSTC Training Opportunities**

Time: 10 min Method: Group Discussion

BACKGROUND KNOWLEDGE



The point of the group discussion is to draw the following information from the group using the tips for answering/facilitating discussion and the suggested questions provided.

Write the specialty areas on a whiteboard/flip chart and discuss the activities associated with each area. Cadets may already know which area they would like to pursue and may already have a general idea of the activities.

CEREMONIAL LEADERSHIP

Cadets will develop the knowledge and skills required to improve leadership abilities in a peer and small group setting. Topics include:

- leadership,
- confidence building,
- public speaking,
- problem solving, and
- ceremonial drill.

EXPEDITION LEADERSHIP

Cadets will develop expedition knowledge and skills in a field setting. Topics include:

- adventure training activities,
- field training,
- trekking,
- navigating,
- wilderness survival, and
- expedition.

FULLBORE MARKSMANSHIP

Cadets will develop the knowledge and skills required to improve fullbore marksmanship abilities. Topics include:

- marksmanship with fullbore rifles,
- recreational marksmanship, and
- course level marksmanship competition.

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AIR RIFLE MARKSMANSHIP

Cadets will develop the knowledge and skills required to improve air rifle marksmanship abilities. Topics include:

- two-position shooting (standing and prone),
- recreational marksmanship,
- course level marksmanship competition, and
- biathlon.

FITNESS AND SPORTS

Cadets will improve individual fitness and sports knowledge and skills. Topics include:

- studying personal fitness;
- studying rules and regulations of sports; and
- organizing and delivering sports activities.

MILITARY BAND

Cadets will develop music knowledge and skills. Topics include:

- studying music theory;
- playing an instrument as part of an ensemble;
- playing an instrument as part of a military band; and
- developing individual music skills.

PIPE BAND

Cadets will develop music knowledge and skills. Topics include:

- studying music theory;
- playing an instrument as part of an ensemble;
- playing an instrument as part of a pipe and drum band; and
- developing individual music skills.

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GROUP DISCUSSION



TIPS FOR ANSWERING/FACILITATING DISCUSSION

- Establish ground rules for discussion, eg, everyone should listen respectfully; don't interrupt; only one person speaks at a time; no one's ideas should be made fun of; you can disagree with ideas but not with the person; try to understand others as much as you hope they understand you; etc.
- Sit the group in a circle, making sure all cadets can be seen by everyone else.
- Ask questions that will provoke thought; in other words avoid questions with yes or no answers.
- Manage time by ensuring the cadets stay on topic.
- Listen and respond in a way that indicates you have heard and understood the cadet. This can be done by paraphrasing their ideas.
- Give the cadets time to respond to your questions.
- Ensure every cadet has an opportunity to participate. One option is to go around the group and have each cadet answer the question with a short answer. Cadets must also have the option to pass if they wish.
- Additional questions should be prepared ahead of time.

SUGGESTED QUESTIONS

Q1. Which summer training activities interest you?

Q2. Who is interested in applying for summer training this year? Why?

Q3. What areas of interest do you plan to pursue? Why?



Other questions and answers will develop throughout the group discussion. The group discussion should not be limited to only those suggested.



Reinforce those answers given and comments made during the group discussion, ensuring the teaching point has been covered.

CONFIRMATION OF TEACHING POINT 1

The cadets participation in the group discussion will serve as the confirmation of this TP.

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Teaching point 2 **Discuss Year Three CSTC Courses and the Prerequisites**

Time: 15 min Method: Interactive Lecture



During this TP, a cadet who has successfully completed one of the year three courses could be asked to speak about their experience. This will give a cadet's view of the course and let the other cadets know what they could expect.

COMMON COURSES

The CSTC courses listed below are common and apply to sea, army and air cadets.



As the prerequisites for any CSTC course may change, refer to CATO 40-01, *Army Cadet Program Outline*.

Air Rifle Marksmanship Instructor. The aim of this course is to develop specialist knowledge and skills in air rifle marksmanship and biathlon. This will allow the cadet to assist in the development and implementation of a competitive marksmanship program and instruct marksmanship training in the corps program. The prerequisite for this six-week, regionally conducted course is the successful completion of the Silver Star program.

Fitness and Sports Instructor. The aim of this course is to improve individual fitness and develop the knowledge and skills needed to allow the cadet to assist in the organization and delivery of various sports activities. The prerequisites for this six-week, regionally conducted course are the successful completion of the Silver Star program, an intermediate fitness level and an interest in fitness and sports.

Intermediate Military Band Musician. The aim of this course is to expand on the knowledge and skills required to play and lead a unit military band. The prerequisites for this six-week, regionally conducted course are the successful completion of the Red Star program and Music Level Basic or 1.

Intermediate Pipe Band Musician. The aim of this course is to expand on the knowledge and skills required to play and lead a unit pipe band. The prerequisites for this six-week, regionally conducted course are the successful completion of the Red Star program and Music Level Basic or 1.

ARMY CADET ELEMENTAL COURSES

The CSTC courses listed below are specifically designed for army cadets.

Drill and Ceremonial Instructor. The aim of this course is to continue to develop leadership knowledge and skills required for junior leadership positions supporting the corps program. It also develops a specialty in drill and ceremonial, and drill instruction. The prerequisite for this six-week, regionally conducted course is the successful completion of the Silver Star program.

Expedition Instructor. The aim of this course is to develop subject matter knowledge and specialist skills required to successfully participate in, and lead during an intermediate level expedition. The prerequisites for this six-week course are the successful completion of the Silver Star program, ability to swim with the aid of a Personal Floatation Device (PFD) and a suitable medical category for strenuous field activities.

Fullbore Marksman Phase I. The aim of this course is to develop a specialist level of knowledge and skills in marksmanship beyond the air rifle. This will allow the cadet to participate as an individual or as a team member in a national-level target rifle competition. The prerequisites for this six-week, nationally conducted course are

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the successful completion of the Silver Star program, the successful completion of the Basic Marksman course and demonstrated marksmanship ability.

CONFIRMATION OF TEACHING POINT 2

QUESTIONS

Q1. What year three CSTC courses are common to army, air and sea cadets?

Q2. What year three CSTC courses are only for army cadets?

Q3. What year three CSTC courses interest you the most? Why?

ANTICIPATED ANSWERS

A1. Year three CSTC common courses include:

- Air Rifle Marksmanship Instructor,
- Fitness and Sports Instructor,
- Intermediate Military Band Musician, and
- Intermediate Pipe Band Musician.

A2. Year three CSTC courses for army cadets only include:

- Drill and Ceremonial Instructor,
- Expedition Instructor, and
- Fullbore Marksman Phase I.

A3. Answers will vary.

END OF LESSON CONFIRMATION

The cadets' participation in the group discussion will serve as the confirmation of this lesson.

CONCLUSION

HOMEWORK/READING/PRACTICE

N/A.

METHOD OF EVALUATION

N/A.

CLOSING STATEMENT

It is important for cadets to be familiar with the summer training courses offered, so they may apply for the courses that interest them the most. Training is offered in speciality areas that may not be accessible at the corps. Summer training is a fun and exciting aspect of the Cadet Program. CSTCs are also places to meet cadets and make new friends from different corps across Canada.

INSTRUCTOR NOTES/REMARKS

This EO should be conducted prior to the summer training application deadline.

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It is recommended that the summer training application forms be completed during a training session after this EO has been conducted.

REFERENCES

A0-010 Director Cadets 2. (2006). CATO 11-03, *Cadet Program Mandate*. Ottawa, ON: Department of National Defence.

A0-033 Director Cadets 3. (2004). CATO 14-21, *Music Training and Education With the Canadian Cadet Organizations*. Ottawa, ON: Department of National Defence.

A2-031 Director Cadets 3. (2008). CATO 40-01, *Army Cadet Program Outline*. Ottawa, ON: Department of National Defence.

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