

GENERAL H.H. "HAP" ARNOLD ACHIEVEMENT CADET PROMOTION AND GUIDELINES SHEET

02

HISTORY

Born on June 25, 1886, in Gladwyne, PA., Henry "Hap" Arnold expanded the pilot corps by sending military officers to civilian flight schools. Arnold was a milestone aviator who has a notable list of firsts in his log book. In September 1911, he flew the first U.S. airmail; a year later, he won the first Mackay Trophy for aviation, which is a trophy issued by the United States Air Force for the "most meritorious flight of the year."

In July 1924, he set a new speed record: 113 mph average, between Rockwell, IA and San Francisco, CA. He followed this feat with his second Mackay Trophy for his command of a flight of 10 Martin B-10 bombers from Boiling Field, DC, to Fairbanks, Alaska, and back. In 1938, he became chief of the Air Corps.

In December 1944, he was one of four Army leaders promoted to the five-star rank of general. In May 1949, he was named General of the Air Force, the first such commission ever made.



HOW TO BECOME ELIGIBLE FOR PROMOTION

1. Pre-Requisites

- a. Be a current CAP Cadet, as shown in eServices.
- b. Possess a CAP uniform and wear it properly.
- c. Be capable of reciting the Cadet Oath from memory.

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2. Leadership

- a. Complete Leadership Module 2 in Cadet Interactive, or
- b. Pass an online test in "Learn to Lead" Chapter 2, with a grade of 80% or higher, open book.
- c. You can also download an audio file of this chapter.
- d. Date Completed and Score: _____

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3. Aerospace Education

- a. Complete any Aerospace Dimensions Module in Cadet Interactive, or
- b. Pass a test on any uncompleted Module in Aerospace Dimensions, with a grade of 80% or higher, open book.
- c. You may take the Aerospace Dimensions modules in any order.
- d. Module Title, Date Completed, and Score: _____

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4. Character (Development)

- a. Participate in a character development forum.
- b. Date of Class, Instructor's Name, and Topic Title: _____

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5. Safety Education

- a. Must participate in Safety Education monthly.
- b. Attend a squadron safety meeting or complete an online safety course within two months of promotion.
- c. Date Completed, Instructor's Name (meeting only), Topic Title: _____

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6. Drill Test

- a. Pass a practical test from "Drill & Ceremonies" Chapter 2, with a 73% or higher.
- b. Must perform at least 11 out of 15 commands satisfactorily within four months of promotion.
- c. Date Completed and Score: _____

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7. Activities

- a. Participate actively as described in https://www.capmembers.com/cadet_programs/activities/.
- b. Must be completed within six months of promotion.
- c. Date Attended and Event/Activity Title: _____

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8. Fitness

- a. Per CAPR 60-1 Para 5.4.5.3 Cadet must have attempted HFZ in a running event plus 2 of the 3 remaining events within the past 180 days. Attaining the HFZ is not required at this stage.
- b. Test must be completed on the same day.
- c. See Fitnessgram Standards for Healthy Fitness Zone for minimum age and gender standards.

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02

LEADERSHIP EXPECTATIONS

Fulfilling the promotion eligibility requirement above is only half the battle. You also need to show that you have some leadership skills. Look at the goals below and once in a while ask yourself how well you are doing in those areas.

CHARACTER DEVELOPMENT

Attitude	Displays a positive attitude: optimistic, enthusiastic, and team-oriented.
Core Values	Aware of the Core Values: honest, wears uniform properly, and practices customs and courtesies.
Communication Skills	Listens actively: attentive, and asks good questions.
Sense of Responsibility	Follows directions: dependable, arrives ready to learn and serve, and effective in managing own time.
Interpersonal Skills	Not Applicable
Critical Thinking	Not Applicable
Delegation Skills	Not Applicable

TYPICAL DUTIES

Element Leader

FOR ADDITIONAL HELP

See the New Cadet Help webpage

FITNESSGRAM STANDARDS FOR HEALTHY FITNESS ZONE (CPFT & PYFP)

The full Presidential Youth Fitness Program (PYFP) Fitnessgram includes test items not included in the Cadet Physical Fitness Test (CPFT). These include the walk test, trunk lift, shoulder stretch and body composition tests. These tests have been omitted from the CPFT to make the test easier to administer for volunteers in the field. The teachers who administer the PYFP in schools have training and equipment not available to all Civil Air Patrol squadrons.

<i>Male Age</i>	<i>10</i>	<i>11</i>	<i>12</i>	<i>13</i>	<i>14</i>	<i>15</i>	<i>16</i>	<i>17</i>	<i>18</i>
CPFT Sit and Reach (cm)	20	21	21	20	23	24	25	28	28
PYFP Back Saver (avg. in.)	8	8	8	8	8	8	8	8	8
CPFT Curl Ups (count)	30	31	34	36	39	38	38	38	38
PYFP Curl Ups (count)	12	15	18	21	24	24	24	24	24
CPFT Push Ups (count)	10	11	12	16	18	22	24	26	26
PYFP Push Ups (count)	7	8	10	12	14	16	18	18	18
CPFT Mile Run (min/sec)	11m 30s	11m 10s	10m 40s	9m 46s	9m 22s	9m 04s	8m 42s	8m 22s	8m 04s
PYFP Pacer (20 m laps)	17	20	23	29	36	42	47	50	54
<i>Female Age</i>	<i>10</i>	<i>11</i>	<i>12</i>	<i>13</i>	<i>14</i>	<i>15</i>	<i>16</i>	<i>17</i>	<i>18</i>
CPFT Sit and Reach (count)	24	24	25	24	28	31	30	31	31
PYFP Back Saver (avg. in.)	9	10	10	10	10	12	12	12	12
CPFT Curl Ups (count)	25	27	29	30	31	30	30	28	28
PYFP Curl Ups (count)	12	15	18	18	18	18	18	18	18
CPFT Push Ups (count)	10	10	9	9	9	11	11	12	12
PYFP Push Ups (count)	7	7	7	7	7	7	7	7	7
Mile Run (min/sec)	11m 30s	11m 10s	10m 40s	10m 20s	10m 09s	9m 58s	9m 46s	9m 34s	9m 22s
Pacer (20m laps)	17	20	23	25	27	30	32	35	38

DRILL & CEREMONIES PRACTICAL TEST

ACHIEVEMENT 02

TOPIC	Basic Drill as a Flight Member
CONDITIONS	Form at least 4 cadets into a flight of 2 elements.
INSTRUCTIONS	See Below.
PASSING SCORE	73% Must perform at least 11 out of 15 commands satisfactorily.

TESTING CADET'S INFORMATION (One Cadet per form)

Grade	Name	CAP ID	Test Date
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RATING SENIOR MEMBER'S INFORMATION

Grade	Name	CAP ID	Drill Test Score / 15
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TESTING CADET'S REVIEW

Review Date	Testing Cadet's Signature	Reviewing Officer's Signature
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RATING SENIOR MEMBER'S INSTRUCTIONS

Upon passing the online test from "Learn to Lead" Chapter 2, each cadet must successfully complete a test, of their proficiency, in "Drill & Ceremonies Practical Test," as described in this test booklet, for the Arnold Achievement.

Test Security. There is no need for this test booklet to be secured. Because these are performance tests and the subject matter is known to the cadets, there is essentially no advantage to cadets who happen to see the test booklet in advance.

Scoring Philosophy. Each drill maneuver usually involves several task steps. For example, the command, "Column Right, MARCH" involves 10 or more task steps. To make it easy for testing officers to evaluate the cadets' performance on the drill field, this test booklet identifies two or three standards for each drill maneuver. Cadets who meet those standards earn credit for that drill maneuver. In other words, testing officers evaluate cadets only on the standards listed, even though those standards cannot possibly encompass every last facet of a drill maneuver.

READ TO CADET:

Scoring Terms. For the purposes of this test, "satisfactory" and "unsatisfactory" performance is defined as:

SATISFACTORY: Performance meets the basic requirements for participating unaided in cadet drill and ceremonies. Most of the task steps that comprise the drill maneuver are carried out in an effective and proficient manner. The cadet meets all of the acceptable standards for the maneuver, as shown on the scorecard. Minor deficiencies exist, but they would not preclude the cadet from successfully participating on the drill field with other proficient cadets.

UNSATISFACTORY: Performance does not meet the basic requirements. The cadet requires coaching in order to perform many of the maneuver's task steps in an effective and proficient manner. The cadet does not meet the maneuver's acceptable standards, as listed on the scorecard. Significant deficiencies exist that would preclude the cadet from successfully participating on the drill field with other proficient cadets.

Scorecards. Testing officers may want to make photocopies of the drill scorecards found in this booklet. Evaluate the commands as they are performed, marking an "X" in the "S" column if it was performed satisfactorily, or the "U" column if it was performed unsatisfactorily. Tests 7 and 8 use special scorecards that are included in this booklet but are unlike those used for tests 1-6.

Passing Score. The number of evaluation items varies from test to test. The test scorecards specify how many items the cadets must successfully complete to pass that test. Generally, passing scores are roughly 75%.

Expert Help. Testing officers may use drill and ceremonies "experts" to help administer the test, call commands, etc. Cadet "experts" should be higher ranking than the cadet being tested. However, it is the senior member testing officer who scores the test – the cadet "experts" are assistants (CAPT 78-2).

DRILL & CEREMONIES PRACTICAL TEST

ACHIEVEMENT 02

Cadet Grade &
Name

COMMAND	ACCEPTABLE STANDARDS	S Satisfactory	U Unsatisfactory
<i>FALL IN</i>	<i>Not Graded</i>	<i>N/A</i>	<i>N/A</i>
<i>Right, FACE</i>	<i>Not Graded; used to put cadets into column formation.</i>	<i>N/A</i>	<i>N/A</i>
1. Forward, MARCH	[1] Steps off on left foot. [2] Does not anticipate the command of execution.		
2. Double Time, MARCH	[1] Cadets take one more step in quick time and then steps off in double time.		
3. Quick Time, MARCH	[1] Cadets advance two more steps in double time. [2] Resumes quick time. [3] Lowers the arms to the sides, and resumes arm swing.		
4. Flight, HALT	[1] After the command HALT, takes one more full 24-inch step. [2] Trailing foot is brought smartly alongside front foot. [3] Heels finish together, on line, with cadet attention.		
<i>Left, FACE</i>	<i>Not graded; used to put cadets into column formation.</i>	<i>N/A</i>	<i>N/A</i>
5. Open Ranks, MARCH	[1] Marches forward a number of steps equal to the number of ranks behind him/her. [2] Automatically executes dress right dress at the halt.		
6. Ready, FRONT	[1] Lowers arm with snap but without slapping. [2] Turns head to front with snap.		
7. Close Ranks, MARCH	[1] Marches forward a number of steps equal to number of ranks in front of him/her.		
<i>Right, FACE</i>	<i>Not graded; used to put cadets into column formation.</i>	<i>N/A</i>	<i>N/A</i>
8. Forward, MARCH	[1] Steps off on left foot. [2] Does not anticipate the command of execution.		
9. Right Flank, MARCH	[1] In marching, turns 90-degrees to the right. [2] Maintains proper dress, cover, interval, and distance. [3] Maintains posture as if at attention; suspends arm swing during pivot.		
10. Count Cadence, COUNT	[1] Gives the count sharply and clearly, and separate each number distinctly. [2] The count of ONE is given on the left foot.		
11. To the Rear, MARCH	[1] Reverses direction smartly by pivoting clockwise. [2] Maintains posture as if at attention; suspends arm swing during pivot. [3] Maintains proper dress, cover, interval, and distance.		
12. Left Flank, MARCH	[1] In marching, turns 90-degrees to the left. [2] Maintains proper dress, cover, interval, and distance. [3] Maintains posture as if at attention; suspends arm swing during pivot.		
13. Mark Time, MARCH	[1] Alternately raises and lowers each foot. [2] The balls of the feet are raised 4-inches above the ground. [3] Normal arm swing is maintained.		
<i>Flight, HALT</i>	<i>Not graded.</i>	<i>N/A</i>	<i>N/A</i>
14. Right Step, MARCH	[1] The leg is kept straight, but not stiff. [2] The right foot moves 12-inches to the right of the left foot. [3] The left foot (without scraping the ground) brought smartly to a position alongside the right foot as in the position of attention.		
15. Flight, HALT	[1] On the command HALT, one more step is taken with the right foot and the left foot is placed smartly alongside the right foot as in the position of attention.		
<i>FALL OUT</i>	<i>Not graded.</i>	<i>N/A</i>	<i>N/A</i>
NOTES:			